

THE CRAZY WISDOM COMMUNITY JOURNAL 1997

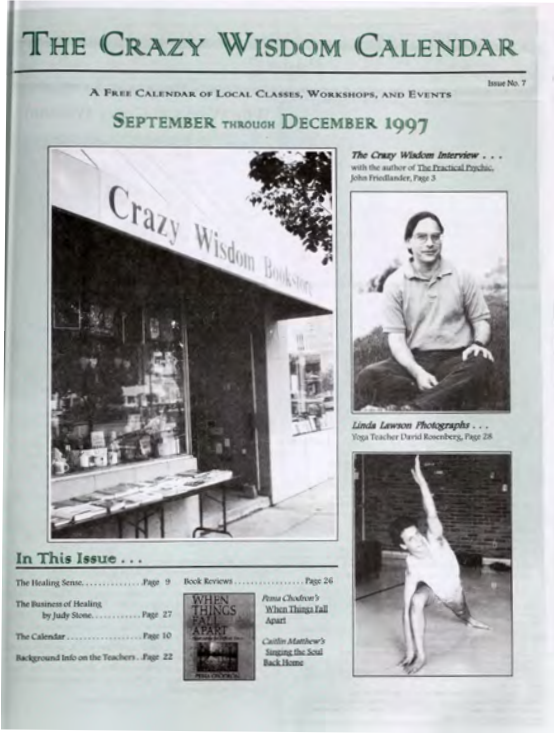
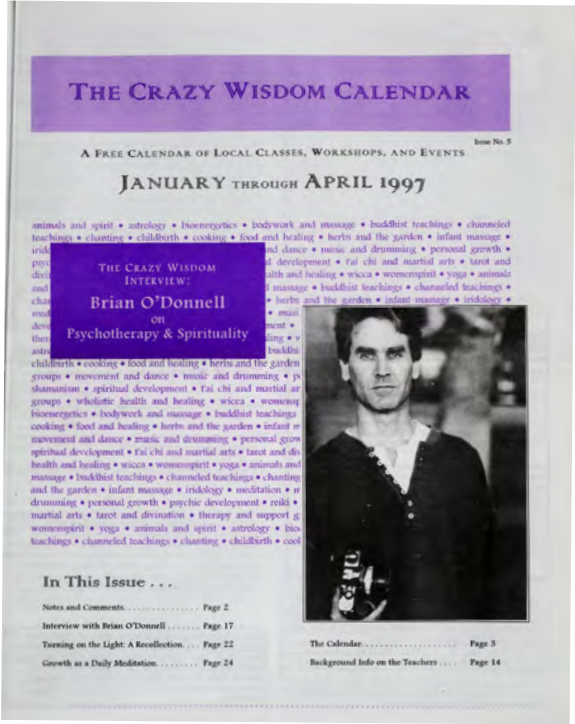
JANUARY THROUGH APRIL 1997 (#5)
(Cover) THE CRAZY WISDOM INTERVIEW: Brian O'Donnell on Psychotherapy & Spirituality

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

MAY THROUGH AUGUST 1997 (#6)
(Cover) - The Crazy Wisdom Interview - A Visit with Zen Priest Sulkha Murray
INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

SETPEMBER THROUGH DECEMBER 1997 (#7)
(Cover) The Crazy Wisdom Interview with the author of The Practical Psychic, John Friedlander
Yoga Teacher David Rosenberg

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS



THE CRAZY WISDOM CALENDAR

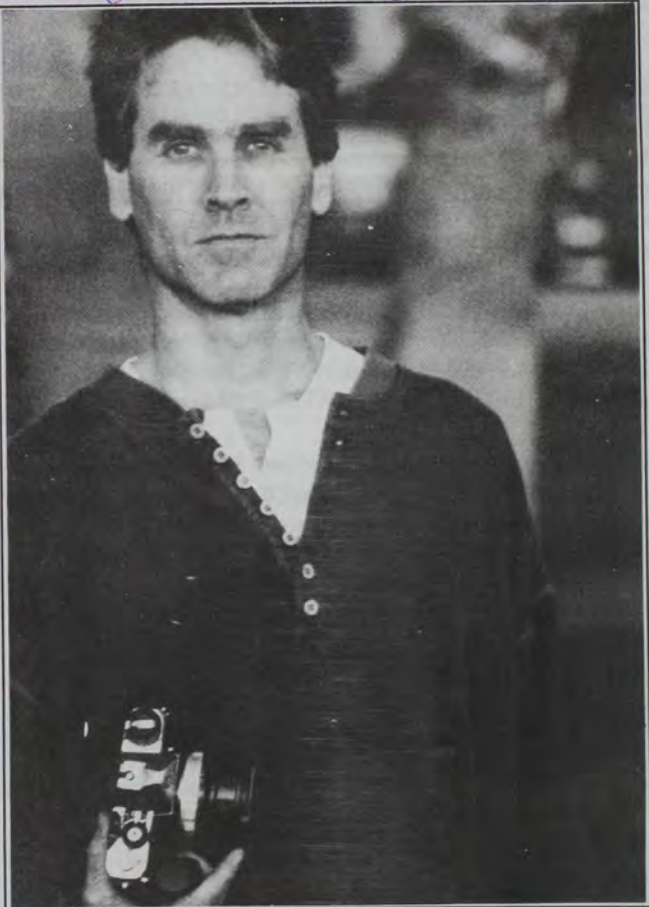
Issue No. 5

A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

JANUARY THROUGH APRIL 1997

THE CRAZY WISDOM
INTERVIEW:
Brian O'Donnell
on
Psychotherapy & Spirituality

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Notes and Comments

This is the fifth edition of The Crazy Wisdom Calendar, compiled and distributed free by Crazy Wisdom Bookstore. Since 1982, we have served as a center of information in the subjects of Wholistic Health, Bodymind Therapies, Psychology, Buddhism, Spiritual Development and Consciousness. This calendar provides information about a wonderful array of opportunities for persons seeking psychological and spiritual growth and physical well-being.

The calendar is printed three times a year, on a schedule which coincides with the University of Michigan's trimester schedule (January-April, May-August and September-December), so if anyone would like to be included in the next issue (May through August 1997), please carefully fill out our calendar form/s which are available at the bookstore. You must fill out one calendar form for each separately listed class or workshop which you would like to have included. Please do not simply drop off your own flyers or promotional material and expect us to rework your material into our calendar format! These are free listings, and we ask teachers and workshop leaders to use our calendar forms or our calendar form's format in preparing your submissions.

The deadline for calendar submissions for the May-August issue is Wednesday, March 19, 1997, and the issue will be published and distributed locally during the week of April 15th. The Crazy Wisdom Calendar is available at our bookstore as well as at more than fifteen other locations around Ann Arbor, including Whole Foods and many of the other local bookstores. Our phone number is 313-665-2757, and we're located at 206 North Fourth Avenue, Ann Arbor, Michigan 48104.

We need some help with this Calendar. First of all, we'd like to include well-written book reviews in future issues, book reviews that critically assess the kind of books that we carry. We will pay a nominal fee for these reviews.

Secondly, we'd like non-fiction essays and personal commentaries. What we've got in mind is columns in the spirit of the *About Men and Hers* columns which used to regularly appear in *The New York Times Magazine*, before that section was revamped. More serious essays and commentaries would be welcome, as well.

We would also welcome some layout help from someone with solid design-and-production skills.

Readers will note that The Crazy Wisdom Calendar has grown to 24 pages, including a lengthy and interesting interview with local psychotherapist, Brian O'Donnell; and a story, written by me, about my years in psychotherapy with Dr. William Gerler, who recently passed away. There is also the third in a series of short pieces by spiritual counselor and raconteur, Jonathan Ellis. Plus, we've added photos of local practitioners to the calendar section. This issue we have included photographs of Wasantha Young, Cindy Klement, Barbara Brodsky, Barry Ryder and Deborah Salerno. In future issues, we'll have more fun photos!

—Bill Zirinsky

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed. Please do not call Crazy Wisdom Bookstore with questions about the classes, workshops, lectures and events listed. Instead, if you have questions, call the number that is provided within each listing.

Special Events Coming Up at Crazy Wisdom

Book Publication Party for Susan Wolf Sternberg's New Book, *A Year of Miracles: A Healing Journey From Cancer to Wholeness*

Friday, February 7, 1997, 6-8 PM • Come join us for a book-signing and publication party. Susan Wolf Sternberg is a lovely, dynamic and courageous local psychotherapist. Her book, (published by Star Mountain Press) details her successful healing journey, and it's a gem. Wine and cheese and chocolates to be served. To be held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. For more information, please contact Caro! Karr at Crazy Wisdom Bookstore, 665-2757.

Adventures Beyond the Body: A Lecture by William Buhlman •

Friday, March 21, 1997, 8 PM • William Buhlman is considered by many to be America's leading expert on the subject of out-of-body experiences. His book, *Adventures Beyond the Body* (Harper San Francisco) is the first complete guide to self initiated and controlled out-of-body experiences. Buhlman is a certified hypnotherapist. Tea served at 7:30 PM. Suggested donation is \$3. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. For more information, contact Carol Karr at Crazy Wisdom Bookstore, 665-2757.

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This issue of *The Crazy Wisdom Calendar* was compiled and edited by Bill Zirinsky. Cover design: Heather Graham. All photos by Linda Lawson, except cover photo and photo on page 22. Calendar inputting and organization: Ann Schoonmaker. Transcribing of interview: Sam Bushman. Proofreading assistance: Jonathan Ellis. Layout: Bill Zirinsky and Heather Graham.

Unless otherwise noted, the quotes used in this *Crazy Wisdom Calendar* were found in the following books: *Sunbeams* by Sy Safransky, and *A Dancing Star* by Eileen Campbell. Both of these books are available at Crazy Wisdom Bookstore.

THE CRAZY WISDOM CALENDAR

Animals and Spirit

Holistic Healing for Animals, An Ongoing Series with Betsy Adams and Best Speakers • Times and dates TBA • Speakers scheduled from January through April include: Judy Stone on nutrition; Mark Jessup and Neva Bus on alternative methods to traditional behavioral counseling; Marcia Vincent on animal communication; Elena Gillespie, who is a spiritual healer; Ray O. Golden, who is a Reiki Master and psychic; and Doris Dixon, Midwest coordinator of the Fund for Animals. \$50 per session. To register or for a copy of class flyer, call Betsy Adams at 475-4230.

Astrology

Introduction to Astrology I with Mary Beam through the Academy of Astrology 7-9 PM, Wed., beginning Jan. 8, for 10 weeks • Beginning overview of astrology basics: what astrology is, its various applications, a beginning understanding of the natal chart, the different components of natal charts and horoscopes; in-depth discussion of signs, houses and planets; astrological symbols. Cost: \$79 for 20 hours of classroom instruction and student handbook; payment plan available. For more information or to register, call Mary Beam at 434-1568 or Sherida Wysocki 517-323-0240.

Introduction to Astrology with Matruka Sherman • Feb. 5 - Mar. 5, Wed., 3:30-9:00 PM • An understanding of celestial influences will inspire you to become creator of your own destiny. The class will emphasize the basics, and how to understand the planets, signs, houses, and the other factors which make up the natal horoscope. Cost is \$75 for five weeks. To register or for more information, call Matruka Sherman at 213-7075.

Intermediate/Advanced Astrology Class with Matruka Sherman • Tues. 7:30-9:30 PM • Session I: Jan. 7 - Feb. 11; Session II: Mar. 4 - Apr. 1 • This is an astrology class devoted to deepening self-awareness and self-acceptance and learning to make better informed choices. Recognize patterns that impede your growth. This class will be tailored to students' level of development and interest. Cost is \$75 for five weeks. To register or for more information, contact Matruka Sherman at 213-7075.

Introduction to Composite Charts with Matruka Sherman • Thurs., Jan. 9 - Feb. 10, 7:30-9 PM • This is an astrology class devoted to understanding relationships through composite charts. Ever wonder why some relationships work, some get stuck, and some never get off the ground? Are you considering a business partnership? An elementary understanding of the planets and houses is helpful but not necessary. Cost is \$60 for four weeks. To register or for more information, contact Matruka Sherman at 213-7075.

Bodywork and Massage

Massage Therapy Course at the Ann Arbor Institute of Massage Therapy • Winter course begins Feb. 26 • 600-hour course in Massage Therapy. Cost: \$5300. For course catalogue, call 677-0030.

Massage Therapy Programs at the Ann Arbor School of Massage and Bodywork • Winter programs begin in Jan. • Coursework in Therapeutic Massage, Anatomy/Physiology, and Advanced Massage and Bodywork. All programs are 2 yrs (900-hr, 700-hr and 500-hrs). Call 662-1572 for a brochure.

Rolfing — A Gentle Approach with Khita Austin and Leland Austin • Monday, Jan. 13 or Monday, Feb. 10 6:30-8:30 • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability, and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Cost is free. To register and for more information, contact the Austins at 741-0038.



Barry Ryder and Deborah Salerno, Husband-and-Wife. He is the Director, and she is the Administrator, of the Ann Arbor School of Bodywork and Massage.

Free Your Body — Enhance Your Day with the Alexander Technique led by **Alice Greminger** • Introductory workshop, Sun., Jan. 12, 1-4:30 PM. Classes in 2 six week sessions on Thurs., 7:30-9:30 PM, Jan. 16-Feb. 20; Feb. 27-Apr. 10 (not Apr. 3) • Alexander students learn a process of changing how they move which frees them from tension patterns and regains the freedom of movement, balance and support we all had as young children. Cost: Introductory Workshop, \$40; Classes, \$125. To register or for more information, contact 665-0849

Bioenergetic Exercise Group with Judy Stone through **Feeding Your Whole Self™ (FYWS)** • Starting dates for 6 week sessions: Jan. 13, Mar. 3, Apr. 28, 6-7 PM • Bioenergetic exercises are gentle stretching and movement exercises with attention to breath and sound, that are designed to restore the free-flowing pulsation of our energetic life force. They promote mind-body integration and awareness, relaxation, increased vitality and more connection with feeling. No experience is necessary. Loose comfortable clothing should be worn. Cost is \$50 per six-week session. To register or for more information, contact FYWS at 994-5549.

Belavi Facelift Massage Seminar with Nina Howard • Jan 10-12; April 3-5 • This course is a dynamic hands-on training designed for professional health and skin care practitioners, such as massage therapists, bodyworkers and estheticians. Cost: \$575 includes product kit, manuals, videos. For registration or more information, call 747-8517.

Transformation Breath Workshop with Linda Sinkule and Kathy Drabik • 7:30-9 PM on Jan. 21, Feb. 18, Mar. 18, Apr. 15. • Building on the aspects of ancient breath, rebirthing, and holotropic breathwork, our workshops of Daleth breathwork include energy meridian work, conscious intent and affirmations, cranial work, reflexology, and rapid access cognitive repatterning. The workshops allow for the integration of physical and emotional change. Participants breathe beyond ego and mind to activate their innate healing potential. Cost: \$35 each session. For registration, call Linda at 996-2625 or Kathy at 665-4252.

N.E.T. (Neuro-Emotional Technique) Class with Glenn Miller • 1st Tuesday monthly at 6 PM • Using muscle testing and the mind, the class will demonstrate how the body & mind are related. The technique is to release the vegetative, neuro-emotional pattern built up in your body from your experiences. Cost: free. For more information, call 995-2124.

C.R.A. (Contact Reflex Analysis) with Glenn Miller • 2nd Tuesday monthly • Learning to become aware of your organs. Also known as organ check through muscle testing. Using nutrition and diet to strengthen organs, circulation and immune system. Free. For more information, call 995-2124.

Bodywork (continued)

NIA (Neuromuscular Integrative Action) with Kimberly Beattie of Body Works Fitness Studio • Sundays, Noon-1 PM • NIA's personalized approach to mind-body-spirit fitness takes America's science, sports medicine and technology, and blends it with the art and craft of Eastern disciplines, bridging the gap between fitness and wellness. Cost: First class free. Drop in at \$8 per class. For more information call Kimberly Beattie 996-8266 or Mary Valerie 668-8681.

Cranial Sacral Therapy and Trance Applications with Linda Diane Feldt • Tues. Jan. 14, 28, Feb. 18, 25, March 11, 25, April 15, 29, May 20, 27 from 7-9:30 PM and one private class. • An intensive beginning class for those interested in learning an intuitive and individualized approach to Cranial Sacral Therapy. Class size is limited, and the class meets every other week to ensure sufficient time for practice. Interview with Instructor required before acceptance. Sliding scale, \$150 - \$250. For more information, please call 313-662-4902 or e-mail: lindadf@aol.com.

Beginning Polarity Therapy with Linda Diane Feldt • Mon. 7-9:30, 10 weeks beginning Feb. 24 • An introduction to Polarity Therapy with hands-on work, exercise, theory, and a snack every class. This class is for professionals, those who want to help family or friends, and anyone interested in traditional (alternative) approaches to health care. Can be used towards American Polarity Therapy Association Certification as an Associate Polarity Practitioner. Sliding scale, \$100-150. For more information, please call 313-662-4902 or e-mail: lindadf@aol.com.

Massage for Couples and Friends with Linda Diane Feldt • Mon., begins March 6, 8 weeks (no class May 14) • This is a fun and informative class perfect for couples who want to learn something together, for those who would like to know how to give a full body massage, and those who are considering massage as a profession. Limited to five couples. Sliding scale \$120-160 per couple. Price includes one copy of accompanying video and manual (additional copies are \$20 each). For more information, please call 313-662-4902, or e-mail: lindadf@aol.com.

Buddhist Teachings and Buddhist Meditation

The Buddhist Path with Esther Kennedy of the Weber Center • February 21-23-- Fri., 7 PM - Sun., 1 PM • In our time together we will discover: 1) The Four Noble Truths, 2) Shamartha, basic meditation practice, 3) Relationships between practice and daily living, 4) Themes of mindfulness, awareness, loving kindness and Spiritual Materialism. Cost: \$90. For information and registration, phone 517-263-7088.

Buddhist Meditation through Jewel Heart Tibetan Buddhist Community • First Sunday of month, 1:30-3:30 PM (starts in Feb.) • Free; donations accepted. All are welcome, so just show up. For more information, contact Jewel Heart at 434-4411.

Guide to Bodhisattva's Way of Life with Kyabje Gelek Rinpoche through Jewel Heart • Ongoing, Tuesdays, 7:30 PM -- starts again on January 14 • Guide to the Bodhisattva's Way of Life is one of the primary Tibetan Buddhist teachings offering step by step methods towards developing a kind and compassionate approach with all we meet in our daily life. Gelek Rinpoche continues with a commentary on this classic teaching. No prior experience with Buddhism necessary. Cost is free; donations accepted. All are welcome, so just show up. For more information, contact Jewel Heart at 434-4411 or 994-3387.

Lam Rim (common with lower and medium) Monthly Meeting through Jewel Heart • Meets the last Sunday of the month, starting again on Sunday, January 26, 1:30-3:30 PM • The Lam Rim or Stages of the Path presents the gradual step-by-step process used on the path of experiential growth towards ultimate development of love, compassion and wisdom. This course can help you decide whether you want to choose Buddhism as a spiritual path. Free; donations accepted. All are welcome, so just show up. For more information, contact Jewel Heart at 434-4411 or 994-3387.

Jewel Heart Winter Retreat with Kyabje Gelek Rinpoche • Dec. 27-Jan. 5 • On site for nine days at Camp Copneconic in Fenton, Michigan. For cost and/or information about this retreat, contact Jewel Heart at 434-4411 or 994-3387.

Year End Service -- "Kindling Light of Wisdom Mind" through the Zen Buddhist Temple • Tues. Dec. 31, 7 PM. • A time for contemplation and reconciliation and lighting candles for the peace and happiness of all beings. This is a beautiful and meaningful way to begin New Year's Eve. All welcome. Zen Buddhist Temple. For more information, call 761-6520.

New Year's Day Service through the Zen Buddhist Temple • 10 AM • All welcome. Zen Buddhist Temple, 1214 Packard at Wells. For more information, call 761-6520.

Introductory Zen Meditation Course through the Zen Buddhist Temple • Five Thursdays, 6:15-8:30 PM, beginning Jan. 16, Feb. 20 and March 3 • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes some simple stretching exercises, work with the breath, meditation postures, and concentration and mindfulness practice. Cost \$120/\$100 students. For more information and registration materials, call 761-6520.

Buddha's Enlightenment Sitting at the Zen Buddhist Temple • Jan. 17. All night sitting, 8 PM to 4 AM. Arrive at 8 PM, 10 PM or midnight. At midnight please plan to stay until 4 AM. • All welcome. Zen Buddhist Temple. For more information call 761-6520.

Overnight Introductory Meditation Course • Friday, Feb. 28 at 7 PM to Sat., March 1 at 4 PM • Cost is \$140/\$120 for students. Zen Buddhist Temple. For more information and registration materials, call 761-6520.

If the doors of perception were cleansed
everything would appear to man as it is,
infinite.

—William Blake

One-Day Retreats at the Zen Buddhist Temple • Feb. 21-22 and April 18-19. • Fri. 7 PM to Sat. 5 PM, or Sat. 8 AM to 5 PM • Sitting and walking meditation. A day of silence. Cost: \$60. For more information and registration materials, call 761-6520.

Life of the Buddha Study Group • Sundays, March 16, 23 and 30, 11:30 AM-1 PM • The group will be led by Parang Geri Larkin, Ph.D., president of Strategic Thinking and an ordained Dharma Teacher. Zen Buddhist Temple. For more information and to register, call 761-6520.

Spring Yongmaeng Chongjin at the Zen Buddhist Temple • March 26-30 • An intensive 5 day retreat \$250/200 members. Zen Buddhist Temple. For more information and registration materials, call 761-6520.

Right Livelihood Program co-sponsored by the Zen Buddhist Temple and the Ann Arbor Community Development Corporation • Meetings Apr. 8, 15, 22, 29 and May 6 • This is a training program for people who want to start and build "right livelihood businesses." These are businesses which embrace the principle of respecting all things. Examples of right livelihood businesses include home health care businesses, organic food production, social action oriented businesses, child and elder care, adoption programs, mediation, and almost anything related to recycling. There are a few openings still left. For more information and registration materials, call Ann Arbor Community Development Corporation at 677-1400.

Sunday Services at the Zen Buddhist Temple • Every Sunday • Morning meditation, 9:30-11:00 AM, consists of two periods of meditation followed by a talk. Afternoon meditation, 5-6:30 PM, has one period of meditation, chanting, and a talk and question period. By donation. Zen Buddhist Temple, 1214 Packard, Ann Arbor. For more information, call 761-6520.

Celebrations and Rituals

Shining Lakes Grove Imbolc Ritual • Sat. Feb. 8, 2-5 PM • Join us as we celebrate the Brigid's Festival. Free. For more information, contact Fox at 665-8428.

Shining Lakes Grove Spring Equinox Ritual • Sat. Mar. 22, 2-5 PM • Join us as we celebrate the return of Spring. Free. For more information, contact Fox at 665-8428.

Spring Renewal at Mulberry Farm • April 19 • Ceremony to welcome spring with a sweat lodge and fire walk. For more details, contact Mulberry Farm at 313-783-3830.

Channelled Teachings

Light Transmission with Sandra Shears • Once a month • Through a meditative program the flow of energy transmitted to the earthplane from the ritual realm is facilitated. This divine energy creates physical and etheric healing, heart opening, lightbody activation and soul connection as one becomes a source of Light, here and now. Cost: \$25. Call for time and location: 994-0047.

Psychic Insights for You with Tom Thomas • Second Thurs., Jan. 9, Feb. 13, Mar. 13, Apr. 10, 7 PM • Tom will channel his guides, the star mates, to answer personal questions for the monthly topic: January—Forecast; February—Health; March—Careers; April—Man-woman relationships. Fun, informative, accurate. per class. For location and more information, call 665-5579.

Crystal Clear Expressions: A Channeling Evening with Nanci Rose Gerler • First Monday of every month, 7-9 PM • Various masters, guides or gels will be channelled with messages of spiritual guidance and love. Taping permitted. Donations accepted. Please call for reservations and location. For more information, contact Nanci Rose Gerler at 996-8799.

Open House Channeling Sessions with Aaron channelled through Barbara Brodsky of the Deep Spring Center • Open house, most Wednesdays • Who are we? Why are we incarnate? How do we do the work we are here to do? These are some of the questions spoken to by Aaron, a "Being of Light," and a deeply loving and wise spirit who teaches with humor and compassion. At each weekly session, Aaron will give a talk, with time for questions, answers and a social period. The last Wed. monthly is an "anything goes" night, for questions of a more esoteric, metaphysical nature. No advance registration necessary, but call to confirm we'll meet that week. Donations accepted. For more information, contact Deep Spring Center at 971-3455.

"Angels in Earthsuits" with Aaron channelled through Barbara Brodsky of the Deep Spring Center • A Saturday in February, 9 AM - 4:30 PM • A one day workshop which will address the dilemma we all face. We are literally angels, in Aaron's perception, yet we dwell in these "earthsuits," complete with bodies, minds, emotions. How do we live our lives with increasing wisdom and love, denying neither the angel nor the human? The day will combine talks from Aaron, discussion and some meditation. Enrollment limited to 10. Cost: \$75; no one excluded for financial reasons. To register or for more information, call Hal at 971-3455.

Relationship as Spiritual Path with Aaron and Barbara Brodsky of the Deep Spring Center • A Saturday in February or March, 9 AM - 4:30 PM • A one day workshop which will address our relationships with those in our lives, not only our partners, parents, children, but also our friends, bosses, employees, et al. How can we more consciously experience deepening personal relationships as spiritual process? The day will combine talks from Aaron, discussion and some meditation. Enrollment limited to 10. Cost is \$75; no one excluded for financial reasons. To register or for more information, call Hal at 971-3455.

Channeling with Aaron and Barbara Brodsky of the Deep Spring Center • A Saturday in March or April, 9 AM - 5:00 PM • A workshop in which participants will learn how to channel their own higher self or spirit guides. There will be instruction, guided meditation and actual channeling experience. All welcome, with or without channeling experience. Enrollment limited to 20. Cost: \$75; no one excluded for financial reasons. To register or for more information, call Hal at 971-3455.

Seth Series on Emerging Multidimensional Relationships with John Friedlander channeling Seth at the Practical Psychic Center • Fridays, 7:30-9:30 PM, Jan. 13, Feb. 7, Mar. 14, Apr. 11 • Since these talks are channelled, the specific topics may change. Cost: \$10 each. To register or for readings, call Ray O. Golden at 663-6075.

Chanting

Sufi Chanting (Naqshbandi Sufi Zikr) with Leonardo "Khaalid ibn Waleed" at the Natural Healing Studio • 9:30 PM, Thursdays and Fridays, February through April • Join with people gathering together in harmony and humbleness giving thanks and appreciation to the Divine. Receive the "Baraka" and/or blessings by just being present in such a special gathering while connecting your heart and spirit. Experience and explore the hidden "Secrets of the Heart," with a greater appreciation and inner and outer awareness of the "Light." Cost: Time and Patience. Call for time and location: 930-9807.

Sacred Chant Workshops co-led by Norma Gentile and Lynn Malley • Every second Sunday monthly from 4-6 PM • Our purpose is to provide a forum where the experience of sacred music can be felt, heard, and participated in by all, regardless of anyone's ability to read traditional notation. We'll be sharing songs from the Gregorian Chant tradition, including songs by the medieval abbess and mystic Hildegard of Bingen, mantras from the Eastern chant traditions, as well as exploring the use of sound and chant in esoteric healing. \$10 donation at the door. Call for location, 332-4606.

Childbirth

Childbirth Preparation Classes with Patty Brennan • Tuesdays, 7-9:15 PM, Jan. 14 - Feb. 18 • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth in home or hospital. Emphasis is placed on developing confidence in your body's natural abilities, labor support techniques, alternatives to drugs, and cesarean prevention. Cost: \$150. To register or for more information, call Patty Brennan, 663-1523.

The Bradley Method Childbirth Classes with Isabelle Joy Yingling • 8 week class, Mondays 7-9:30 PM, Jan. 27 - March 31 • How to have a low risk healthy pregnancy, labor and birth. Classes include instruction in alternative pain management, relaxation training, coaching & birth, making birth plans, issues concerning the newborn and breastfeeding. Cost: \$155 for 8 classes. For more information call 475-0022.

Weeping may endure for a night, but joy cometh in the morning.
—Psalm 30:5

Conferences, Festivals and Fairs

ConVocation '97: As the knowledge flows on offered by The Magical Education Council of Ann Arbor • Thursday evening through Sunday afternoon, Feb. 13-16. • ConVocation is a "magical place" where followers of esoteric and mystical traditions can gather in a safe, harmonious environment to learn, teach and celebrate together. It encompasses almost 4 days of non-stop workshops, rituals, journeys, music and dance. Our theme this year is Water: healing, moving, perceiving, emotion, intuition and the role of the ether. Cost: Preregistration is \$40 until February; \$50 at the door; one-day pass \$15. Children get baby-sitting and age-appropriate workshops if they are registered. Flyers at Crazy Wisdom; for more information or registration, call 761-1137 or convocat@cyberspace.org.

Dimensions in Light Festival sponsored by the Lighthouse Center • Sunday, March 2, 11 AM-7 PM • This fifth semi-annual festival will feature many exhibitors and vendors, including: psychic and astrology readers, aura photos, aromatherapy products, crystals and gemstones, bodyworkers, Reiki, vegetarian food, books, free lectures and more. Donation: \$5 at door. For more information, call Lalita at 810-231-1295.

Dreamwork

Dream Quest with Therese Craig of the Weber Center • Saturday, April 5, 9 AM-4 PM • This one-day workshop focuses on the personal interpretation of dreams. Participants will learn about dream theory, work with individual dreams, discover strategies for dream recall, enter into group experience of praying one's dreams. Please bring a dream log recounting a few recent dreams or a significant dream from the past. Cost: \$40. For information and registration phone 517-263-7088.

The Healing Power of Dreams with Rebecca Mullen • 7-9 PM on Sundays or Mondays • Dreams come to us for the purpose of health & healing, to balance & regulate psychic energies & connect us to universal messages. People will be encouraged to share their dreams & investigate their symbolic meaning & metaphoric message. Cost: Donation basis (\$5-10 suggested). For more information call 662-5925.

Dynamic Dream Work with Ann Schoonmaker • Tues., 7-9 PM; beginning Jan. 14 • Your dreams are filled with images which weave a tapestry of past, present and future choices. Learn how to use active dream work to discover where your dreams are leading you, work through conflict, and create a positive future. Active dream work includes how to journal and interpret your images. Cost: First session free, then \$10 per session. To register or for more information, call 761-9044.

Dreams: Meeting the Other Side of Ourselves with Clara Brower • Dates and times TBA, January - February • Introductory dream workshop. Cost: Minimal. To register or for more information, call Dr. Kathleen Dvorak at Complete Chiropractic & Massage Therapy, 677-1900.

Druidic Lore

Druidic Lore and Magical Tradition Classes by Shining Lakes Grove • Two sessions every other Tuesday, 7-10 PM • Introductory Session I: open to the public; Advanced Session II: register in advance. Free. For more information, contact Johnna at 485-8632. Dates and class topics are as follows:

- | | | |
|---------|----|---|
| Jan. 7 | I | Group Dynamics and Communication |
| | II | Magical Theory and Visualization |
| Jan. 21 | I | History of <i>Ar nDraiocht Féin</i> and Shining Lakes Grove |
| | II | Magical Theory and Astrology |
| Feb. 4 | I | Origins and History of Indo-European Peoples |
| | II | Earth and Divination |
| Feb. 18 | I | Celtic History and Archaeology |
| | II | Water and Sacred Space |
| Mar. 4 | I | Ethics and Honor |
| | II | Fire and Energy Work |
| Mar. 18 | I | Celtic Mythology |
| | II | Air and Psychic Self-Defense |
| Apr. 1 | I | Understanding and Using Mythology |
| | II | Gods and Spirits, and Trance Work |
| Apr. 15 | I | Shining Lakes Grove Cosmology |
| | II | Liturgy and Ritual |
| Apr. 29 | I | <i>Ar nDraiocht Féin</i> Liturgy |
| | II | Religious Foundations for Magic |

Feng Shui

Feng Shui Intensive with Paula M. Lund of Ageless Wisdom • Feb. 8, 12-5 PM • Packed with theoretical and practical information, you will leave with an understanding of the problems in your space and how to cure them. The object of this ancient science is to put oneself in sync with divine flow and good fortune. Bring a scale drawing of your home or office. \$25. For more information, contact Rose Beres at Ageless Wisdom at 207-5310.

Food & Healing

Dr. Bernard Jensen Video Seminar with Cindy Klement • Mar. 12 - Apr. 30, 9:30-11:30 AM (in Brighton only) • Nutrition series including Body Building and Elimination through Natural Health Care; Water, Juices, Elimination and Healing Diets, and Building a Disease and the Reversal Process. Cost: \$12. Please phone 665-0383, Ext. 1 to determine space availability and to confirm class location.

Eating Disorder/ Body Image Therapy Group with Judith D. Banker of The Center for Eating Disorders • Tuesdays, January 14 - April 1, 5:30-7 PM • 12 week therapy group focusing on developing a healthful, vital relationship with food and self. Cost: \$45 per meeting. For more information, call 668-8448.

Eating Disorder/ Body Image Treatment Supervision Group with Judith D. Banker of The Center for Eating Disorders • Meets 2nd Tuesday monthly, 8:45-9:45 AM • For health care professionals working with people with eating disorders/body image issues. Open to members at any times. Cost: \$25 per meeting. For more information call 668-8448.

Herbs

Be Well Naturally with Rose M. Beres through Ageless Wisdom • Tuesday classes, 7:30-9 PM starting Feb. 3 • Discover nature's wisdom for our well-being. Learn the healing power of herbs and why they work. Topics will include stress, the immune system, respiratory system, circulatory system, etc. Cost: \$10 each session. For more information or to register, call 207-5310.

Fasting and Cleansing with Herbs with Cindy Klement • Monday, March 24, 7:30-9 PM • Fasting is one of the quickest ways to recover from an illness. Accompanied by herbs one can learn to detox the system at a faster rate. Many case histories shared with hand-outs on various detox programs. Cost: \$12. Please phone 665-0383, Ext. 1 to determine space availability and to confirm class location.

Herbal Preparations with Cindy Klement • Monday, March 31, 7:30-9 PM • Learn how easy it is to make your own salves, decoctions, tinctures, formentations and syrups. Cost: \$12. Please phone 665-0383, Ext. 1 to determine space availability and to confirm class location.

Dr. John R. Christopher Video Seminar with Cindy Klement • Wednesdays, January 8 - March 5, 9:30-11:30 AM (in Brighton only) • Priceless video coverage of over 18 hours of lectures by Dr. Christopher, master herbalist, naturopathic doctor, and herbal pharmacist. Glean from the case histories of his lifetime service as a healer. Cost: \$12 weekly. Please phone 665-0383, Ext. 1 to determine space availability and to confirm class location.

Natural Remedies Class with Linda Diane Feldt • Wed., 6-9 PM, five weeks beginning Feb. 19, at Jackson Community College • A beginning class in herbs and natural remedies. We will make salves and tinctures, and explore the uses and misuses of herbs. A great way to look forward to spring. For information on how to register and cost, please contact JCC or Linda Diane Feldt at 662-4902 or e-mail: lindadf@aol.com.

Herbal Wisdom with Linda Diane Feldt • Tues., 7:30-9:30 PM, Jan. 7, March 4, April 1, May 6, and June 3 • For beginners and those who want to add to their knowledge of herbs and how they can be used for health and healing. This class has a different topic each month. The structure and format is informal, and you can pick and choose which classes you would like to attend. Offered through the People's Food Co-op. Free. Registration sign up sheets each month at the co-ops. For more information, please call 313-662-4902, or e-mail: lindadf@aol.com.

Homeopathy

The Kit: What It Is and How to Use It with Mary Tillinghast • Dates and time TBA • The Kit is a workshop covering the most frequently asked questions about homeopathy, its theories, principles and most importantly its practical applications. The major focus of the class will be how to use the remedies in a basic home care kit. Cost: \$45. To register or for more information, call 973-8990.

Infant Massage

Infant Massage Class with Audrey Simon • Wednesday mornings at 10:30 AM, new classes start monthly • 4-week class to learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of the class is to enhance the loving communication and bond between baby and caregiver. Cost is \$85, which includes handbook, bottle of oil, and handouts. To register or for more information, call Audrey Simon, 741-9706.

Kids and Young Adults

Music Therapy Group for Autistic Children in First or Second Grade with Kathleen Moore • Weekly Tuesdays or Wednesdays, 4:30-5:15 PM • This small group brings together A.I. children who are in mainstreamed school classrooms. It is an opportunity to practice social skills in a small peer group setting, using music experiences as the process of interaction. Cost: \$25 per session. To register and for more information, contact Kathleen Moore at 668-8146.

Teens Class in T'ai Chi Ch'uan with Wasantha Young through the Peaceful Dragon School • Wednesdays, January 8 - March 12, 4-5:15 PM • In the Teen T'ai Chi Ch'uan program (ages 11-14) youth can begin to cultivate tangible techniques that will help minimize the effects of stress. Focusing on the Tai Chi Form, Push Hands, Chi Kung and Meditation, this program will aid in relaxing the mind and body, as well as strengthen the sense of balance, concentration, physical confidence and general well-being. Cost: \$80. To register, or for more information, call 741-0695.

Meditation

Awaken Your Light Body! with Sandra Shears • Weekly • Group explores the concepts of active meditation, intent, lightbody, direct experience, the paradox of soul, direct energy work, self-realization, invitation, God-realization, heart space, spiritual sexuality and multi-dimensionality. Donation basis. Call for time and location: 994-0047.



Barbara Brodsky channels Aaron, teaches Vipassana Meditation, and directs the Deep Spring Center for Spiritual Inquiry.

Residential Meditation Weekend Retreat with John Orr and Barbara Brodsky of the Deep Spring Center • Fri. - Sun, Feb. 21-23 (optional Feb. 24)
 • The two foundations of the weekend are Insight Meditation and deepening awareness of innate perfection. The retreat will include mindfulness as a focus, alternating sitting and walking meditation, silence with clear instructions for beginning and advanced meditators, evening talks and optional discussion periods with the teachers. Cost: room and board \$150; \$35 extra for Mon. Teachers offer the retreat on a donation basis. For a complete flyer or information, call Hal at Deep Spring Center, 971-3455.

Introduction to Insight (Vipassana) Meditation with Cassie Cammann, Carl Christoff or David Coupland of the Deep Spring Center • TBA, several one-day Sat. workshops and three-week Tues. PM classes offered thru the Univ. of Mich.
 • Introductory classes offer basic instructions for insight meditation as a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness, which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. Although derived from Buddhist teachings, these practices are suitable for those of any religion. No special religious beliefs are necessary, and we perform no religious rituals. Cost: \$20 to Univ. of Mich. For information about class content, call Deep Spring Center, 971-3455 or Carl at 487-8615. For information about registration, call U.M. class coordinator at 764-7544.

Insight Meditation with Barbara Brodsky of the Deep Spring Center • Alternate Mondays Jan. 20 - June 9, 7:30-10 PM
 • Insight meditation is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness, which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. Although derived from Buddhist teachings, these practices are suitable for those of any religion. No special religious beliefs are necessary, and we perform no religious rituals. For students with some experience; new students are encouraged to take the introductory class as well. Cost: \$100 for the semester; no one denied participation for financial reasons. For information call Deep Spring Center, 971-3455.

Non-dual, Pure Awareness Meditation (Dzogchen) with Barbara Brodsky of the Deep Spring Center • Alternate Mondays Jan. 27 - June 2, 7:30-10 PM
 • This class will explore, through meditation and discussion, the meaning of the non-dual nature of experience in our lives. The essence which Buddhists call Buddha Nature or Unconditioned, those of other faiths may call God. This "essence" is not something "out there" but directly within our own experience. We will explore many questions, including "What is the experience of 'that of God within'?" The sacred Tibetan text, *Flight of the Garuda*, will be used as guide. Cost: donation basis. For information call Barbara or Deep Spring Center at 971-3455.

Meditation & Healing with Faye McLeish of Energy Connection • Morning classes: Mon. - Fri. 9, 10, 11 AM; Evening classes: Mon. - Fri. 6, 7, 8 PM
 • We will spend time in meditation, getting inside ourselves and dealing with stress. We will also have healings in the group and send healings to friends and families. Cost: donation. For more information call 810-220-0320 or 810-227-1878.

Meditation for Cancer/ Aids and Catastrophic Illness Survivors with Elena Gillespie • Saturdays 1/25 - 3/1, 1-2:30 PM
 • Beginning healing meditation class using Tibetan & Western techniques (easy!). Wheelchair access available. Limit 10 per class. Cost: \$50. For more information call 434-3755.

Mastering Meditation with Kapila Castoldi through the Sri Chinmoy Centre • January 10, 17 & 24, Fridays, at 7:30-9:30 PM or February 10, 17 & 24, Mondays, at 7:30-9:30 PM or March 15, 22 & 29, Sundays, at 2-4 PM
 • This 3-week study program covers the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation, and self-improvement. Cost: free. To register or for more information, contact the Sri Chinmoy Centre at 994-7114.

Relaxation, Meditation & Self-Discovery Workshop with Lorna Brown • held on Saturdays, Jan 25 or Mar. 1 or April 19; 9 AM - 5 PM
 • Learn techniques for relaxation and stress reduction, along with exercises for creating change and various forms of meditation for self-discovery and integration. Cost: \$45 per class. For more information, call Lorna Brown at 428-8748.

Men's Group Work

"Deepening the Masculine Soul" - Men's Conference with Rev. Guy Lynch, John Lee, and Aaron Kipnis sponsored by the Church of Today • Fri., Feb. 28 - Sunday, Mar. 2
 • An in-depth, intensive weekend for men at The Marriott in Ypsilanti. Cost: \$300 for double occupancy, all meals and program. For registration and more information, call Kim Wisniewski at the Church of Today at 810-758-3050.

Men's Relationship Issues with Robert Pasick at the Church of Today • Wed., Feb. 12 at 1 or 7:30 PM
 • Suggested donation \$10. For more information, Church of Today (Warren, MI) at 810-758-3050.

Men's Group with Richard Gull • Wed., 7:15-9:15 PM
 • A men's support and discussion group in its seventh year. Cost: \$15 per session. For more information, call 930-2624.

Circle of Brothers with Lee Anzick and Bob Schramm of the Weber Center • Fri., Jan. 17, 7 PM - Sun., Jan. 19, 1 PM
 • A weekend of ritual, reflection, singing, bodywork and some heart-to-heart talking - man to man. This will be a challenging yet safe exploration of what we have been told we do not need. A workshop for and about men. Cost: \$105, includes 2 nights 5 meals, linens furnished. For information and registration, phone 517-263-7088.

Movement and Dance

Traditional Malay and Indonesian Pencak Silat "Seni Haqq" Minangkabau Satria Muda USA, with Guru, Leonardo Stoute • 9 week program, February to April
 • An ancient and mystical Indonesian and Malaysian art of self-defense and traditional dance that combines the exotic music and rhythmic sounds of drums from West Jawa and West Sumatra. Months of January and February: meditation classes, fasting - conditioning period in preparation for this training. Cost: \$300 Feb.-April. For more information, call 930-9963 or 930-9807.

Contemplative Dance Group with Robin Graubarth • Ongoing, based on individual schedules and availability
 • We move together in this informal group, exploring body, movement and soul in practice. The movement largely centers around Authentic Movement, and focuses spiritual practice, artistic resources and psychological narrative into form and experience. Contributions to rental costs of dance space. To register or for more information, call 665-2345 or email robngrau@Umich.edu.

Life Dance I and II with Suzanne Willets-Brooks • Beginning level, Thursdays, 7:00-8:30 PM. Continuing level, Thursdays, 5:30-7:00 PM. 12-week classes start January 9
 • Life dance is fun and empowering; it is an integration of African-based movement with yoga and modern dance to awaken and celebrate both body and spirit. Cost: \$100. To register or for more information, call Suzanne Willets-Brooks at 482-2607.

Moving from the Inside Out with Suzanne Willets-Brooks • 12 week class begins Tuesday, January 7, 7:00-8:30 PM
 • A class designed to explore and listen to the body-mind. It combines basic elements from tai-chi, yoga & somatics. We will move from the center allowing the uniqueness of the body to reveal its self. The experience is deeply calming. Cost: sliding scale \$55-80. To register or for more information, call Suzanne Willets-Brooks at 482-2607.

Movement Journey with Hava Jean Delgado • Thursday sessions, Jan. 25-May 6, 7-9 PM: Seasonal rituals, Saturday, Mar. 22, 10 AM-2 PM • Using movement, drawing, writing, music and ritual we will explore the initiations one must face in order to trust the path of our own hearts. We will write and enact in ritual our own personal myth. Cost: 4 Thursday sessions, \$60; one Saturday session, \$30. For more information, call 697-1579.

Movement Improvisation Group with Jaye Matchett and Serena Larson • Starts in Jan., on weekday evening decided by participants • A non-performance based weekly creative dance gathering. Activities to be authored by group participants and facilitated as needed. Open forum to help create a free environment for people to let loose, then movement and other expressive talents. For people who love to dance but are looking for an alternative to the bar scene. Cost for dance space to be divided by participants. For more information and to sign up, call 677-3063 or 449-0525.

Dances of Universal Peace [Sufi Dancing] at Friends Meeting House • 1st Friday and 3rd Friday each month, 7-9 PM • Songs and chants from the world's spiritual faiths with simple movements in a circle dance form. All dances are taught. No partner needed. Awaken joy, peace, sense of unity. Donation: \$5. Just show up! For more information, contact Majid Simonds at 517-381-0126 or Siddiq or Majida Middlebrooks at 996-1332.

Music and Drumming

Women's Healing Drum Circles with Lori Fithian and ShuNahSii Rose • 8PM, Friday evenings, January 10, February 7, March 7, April 11 • Monthly gatherings for all womyn. Our focus will be on healing ourselves, our community, and our earth through rhythm, song, movement, and the drum. Bring your hearts, hands, feet, voices and instruments. We'll raise energy and create safe, transformative, healing space. No musical experience necessary. Cost: \$5-10 -- sliding scale. For more information, contact ShuNahSii Rose at 761-9148.

Drum Circle! • First Saturday of each month, 7 PM. • Just come to 1522 Hill Street (behind 1520). Non-professional, spirit-led group. Bring drums, rattles, and any other music-making item for a night of spontaneous dancing, chanting, and dancing bliss. Free! Not a class. For more information, call Paula Steele at 677-8211

Songwriting: A Path to Discovery, Self-Expression and Healing with Laura Massaro • Groups forming on a continuing basis • For musicians/non-musicians. Participants learn how to use words, poetry and music to communicate feelings, enhance self-expression and experience healing in a supportive environment of small groups. Cost: sliding fee. For more information, contact Laura Massaro at 971-6627.

Group Voice and Harmony with Kathleen Moore • Ongoing on a bi-weekly basis • Small group that will focus on healthy and effective voice usage, ear training, creating harmony, sharing songs, and, optionally, individual work. Cost: \$20 per session. To register and for more information, contact Kathleen Moore at 668-8146.

When we make music, we don't do it in order to reach a certain point, such as the end of the composition. If that were the purpose of music, then obviously the fastest players would be the best.

—Alan Watts

Men's Drumming Circle at Mulberry Farm • Jan. 10 and Feb. 14 at 7:30 PM • Donation of \$3. For more information, contact Mulberry Farm at 783-3830.

Women's Drumming Circle at Mulberry Farm • Jan. 3 and Feb. 7 at 7:30 PM • Donation of \$3. For more information, contact Mulberry Farm at 783-3830.

Workshop: Using Sound for Healing with Linda Diane Feldt • Saturday Feb. 1, 10 AM-4 PM • This workshop will be primarily experiential, mixed with theory and some discussion. Using voice, instruments, trance, and other methods you will gain both practical skills as well as appreciation for the large number of ways that sound affects health. All levels of experience, interest and ability are welcome. Sliding scale \$40-80. For more information, please call 662-4902, or e-mail: lindadf@aol.com.

Native American

Pipe Circle at Mulberry Farm • Jan. 24 and Feb. 21 at 7:30 PM • Donation of \$3. For more information, contact Mulberry Farm at 783-3830.

Community Sweat Lodge at Mulberry Farm • Jan. 25 and Mar. 1 at 4 PM • Donation of \$15 and a dish to pass. For more details, contact Mulberry Farm at 783-3830.

Personal Growth

Women's Issues: Building Your Dreams into Reality with Mary Manin Morrissey at the Church of Today • Wed., Apr. 2 at 1 or 7:30 PM • Suggested donation \$10. For more information call The Church of Today at 810-758-3050.

Discover Yourself with Ruth M. Riegel • Feb. 5, 8-10 PM • Find the ways you use to not know yourself. Find a safe place inside from which to discover yourself and the world. Cost: \$10. To register or for more information call 761-9183.

Earth Dance with Jesse Richards • 12 week classes begin Jan. 14 & 15 • Advanced beginner: Tues. 6:30-7:45 PM; Intermediate thru Advanced: Wed. 6:45-8 PM • Earth Dance combines jazz with African based movement, martial arts and ballet. It's an exciting and energetic dance style which develops a deep sense of strength, alignment and the joy of moving. Chanting and sound exploration further deepen students' movement experience. Students in this class must have some dance experience or have taken beginner's Earth Dance. Cost: \$105. To register or for more information, contact Jesse Richards at 995-2972.

Ritual and myth are like seed crystals of new patterns that can eventually reshape the culture around us.

—Starhawk

Women's Circle of Sound with Kathleen Moore • See listing in the *Therapy/Support Groups* section of the *Calendar*.

Music Therapy Group for Autistic Children in First or Second Grade with Kathleen Moore • See listing in the *Kids and Young Adults* section of the *Calendar*.

You Can Sing! with Jesse Richards • 6 week Group Singing Class starts Sat. Jan. 11, 10:00-11:30 AM • Holistic Vocal Training enables you to sing your best while developing greater self-awareness, technical expertise and confidence. Classes are also useful for songwriters, public speaking, and those engaged in personal healing processes. Group lessons are a fun, supportive vehicle for becoming a relaxed, confident singer in front of others. Also, participating in other singers' training can give you rich insights into your own process. Cost \$90. To register or for more information, contact Jesse Richards at 995-2972

Self-Discovery Using the Enneagram with Jonathan Tyman and Barb Linderman through Inward Bound • 8 week class, Sat., Jan. 25-Mar. 15, 10:30-12 Noon • The Enneagram is an ancient system of human development based on nine personality styles and how they interact with one another. Each style is characterized by repeating inner concerns. The styles differ radically in their point of view and it's valuable to recognize those differences. Cost: \$56. To register or for more information, call Jonathan Tyman at 996-4549 or Barb Linderman at 971-8562.

Artist's Way Groups with Sue Webster McDonald • 12 week class begins in late September. Two hour sessions. Dates and times TBA • Based on the book, *The Artist's Way*, a small group atmosphere encourages the discovery and recovery of creativity in living and in the arts. It is appropriate for both professionals and non-professionals. Early registration is suggested as the groups fill quickly. Cost: \$20/\$25 per session depending on group size. Group size is limited. To register or for more information, contact Sue Webster McDonald at 747-9191.

Create Your Life Workshop with Betty Younger • Sun., Mar. 2, 9 AM - 5:30 PM • Learn to create your life with passion and purpose. After choosing what really matters to you, discover structure and skills that support your actions to create your vision. This one-day workshop presents a new paradigm for living each day with involvement. Based on Robert Fritz's books, *Path of Least Resistance* and *Creating*. Cost: \$65. Deadline: Feb. 27. To register: E-mail: BEYOUNGER@AOL.COM, or by phone at 665-8793.

Woman's Group on Assertiveness and Communication Development

sponsored by Soundings • 6 week workshop begins early March; 2 hour sessions; dates, times TBA • In this educational and experiential workshop, participants will examine their models and patterns of communication. Together we will explore our current strengths and areas for improvement as well as consider alternative approaches. Topics to be addressed: anger vs. assertiveness, communication in the workplace, and the influence of gender roles on communication styles. Cost: sliding scale. To register or for more information, call Soundings, 973-7723.

Woman's Group Stress Management Techniques sponsored by Soundings • 5

workshop begins early Jan.; 2 hour sessions; dates, times TBA • In this educational and experiential workshop, participants will explore various techniques for managing the level of stress in their lives. Topics to be addressed: stress management, self care, setting and achieving goals, and strengthening support networks. Cost: sliding scale. To register or for more information, call Soundings, 973-7723.

The Artist's Way Workshop: A Spiritual Path to Higher Creativity with

Laura Massaro at Soundings: A Center for Women • Groups forming on a continuing basis • For anyone who wants to explore creativity in everyday life as well as in the arts, overcome blocks to creativity and learn to listen to her inner voice. Activities include discussion, journal writing, artist date, and self-nurturing. Small groups. Confidential. Cost: \$120 for 6 week session. For more information call Soundings 973-7723.

The Art of Journal Writing with Phyllis Perry through New Options

Counseling • One hour per week for eight weeks, dates and time to be announced. Learn how to set goals, solve problems and heal through journal writing. Live creatively according to your true natures and inner voice. Use journal writing as a tool for self-discovery. Small groups, confidential and nurturing. Cost is \$25 per session. To register or for more information, contact New Options Counseling at 3-0003

My Relations: Accessing the Energy of your Personal Mythic Ancestry -

Introductory One Day Workshop with Maurice Alberda • Sat. 10 AM - 6 PM, Feb. 1 or Mar. 8 • This experiential, interactive, and expressive workshop offers the opportunity to deepen our connection with our quintessential Inner Self who holds the seed of our individual potential, and to discover the Mythic Ancestry of that Self, its source and support. No longer dependent on our human family for our identity, we can have a more direct, honest and creative relationship with it, with ourselves and with others. Cost: \$75. For information/ registration form, call 663-457.

Psychic Development

Practical Psychic I: Grounding, Perceiving, Reading and Healing with Ray O.

Golden of the Ann Arbor Practical Psychic Center • Series: Wed., 7:30-9:30 PM, Apr. 23 - May 21, or Weekend: Mar 15-16, Sat.- Sun., 10 AM-4 PM • Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. Cost is \$149, \$129 if paid 2 weeks in advance, or \$119 if you bring 3 or more friends. To register or for readings, call Ray O. Golden at 663-6075.

Psychodrama

Empatheatre with Sara Schreiber • 2nd Saturdays of the month, beginning Jan. 11, 9:30 AM - 3:30 PM • Six month training for anybody interested in learning psychodrama, drama therapy and improvisation. Cost: \$125 per session, lunch included. To register call 913-9733.

Reiki

Reiki Level One Workshop with Ray O. Golden • Sun., Jan. 12 or Sat., Feb. 15 or Sat., Mar. 29 or Sat., Apr. 27, 9 AM-6 PM • Reiki is a powerful, natural, non-invasive, easy-to-learn healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental and causal. Class sizes are limited to allow for individual attention and attunements. In the Level One workshop the student receives attunements to the Reiki energy and learns to facilitate other's healing, as well as self-healing techniques. Cost: \$95, including manual and certificate if pre-registered a week in advance; \$125 after that. To register or for more information, call Ray O. Golden at 663-6075.

Reiki Introduction & Healing Night with Ray O. Golden • Thurs., Feb. 6, Mar. 6, Apr. 3, 7-9 PM • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. To register call Ray O. Golden at 663-6075.

Reiki Level Two Workshop with Ray O. Golden • Jan. 17 & 18, Friday, 6-10 PM, Sat., 10 AM-4 PM or Apr. 12 & 13, Sat. 6-10 PM, Sun. 10 AM-4 PM • See the description of Reiki in the listing directly above this one. In the Level Two Workshop, advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. Cost: \$180, if pre-registered a week in advance, \$225 after that. To register or for more information, call Ray O. Golden at 663-6075.

Reiki I (Usui Shiki Ryoho) with Linda L. Sinkule • Tuesdays, 7-10 PM, on Jan. 7 & 28 or Mar. 4 & 25 • First degree training participants receive the permanent attunement to the Reiki Ray, allowing the person to channel Reiki (Universal life-force energy) for healing. For healing oneself and others. Initiates will learn ancient history, experience extensive "hands" individually and in group, and learn to access their innate intuitive ability. The session includes ceremony, demonstrations, discussion, meditation, and celebration. Cost: \$100 for two 3 hour sessions. Pre-registration required; limited to six. To register or for more information, 996-2625.

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.

—Elizabeth Kübler-Ross

Reiki II (Usui Shiki Ryoho) with Linda L. Sinkule • Tuesdays, 7-10 PM, on Feb. 4 & 25 or Apr. 8 & 29 • Second degree training participants receive further initiations for attunement to the keys which provide an increase of power from the Reiki ray and for mental/ emotional healing and absentee healing. Initiates will experience individual, group and distance healing. The session includes ceremony, demonstrations, discussion, meditation, and celebration. Cost: \$250 for two 3 hour sessions. Pre-registration required; limited to six. To register or for more information, 996-2625

Reiki Level I Class with Lalita, through the Lighthouse Center • Jan. 18-19, 12-6 PM each day • The complete and intact Usui system of Reiki is a hands-on healing modality that can be used on self and others to heal the body and emotions by bringing them into balance, thereby enabling natural health and wholeness. Cost: \$100 plus manual. To register or for more information, call Lalita, 810-231-1295.

Reiki Level II Class with Lalita, through the Lighthouse Center • Mar. 22-23, 12-6 PM each day • Level II class is an intensification of the Reiki energy and includes techniques for mental/emotional as well as long distance healing. Proof of Level One completion is required. Cost: \$200. To register or for more information, call Lalita, 810-231-1295.

Reiki/Healing Night with Chetana Cathy Florida, through the Lighthouse Center • 3rd Wed. each month, from 7 PM • Healing night has been ongoing at the Center for the last 15 years. No charge. To register or for more information, call Lalita at 810-231-1295 or the Center at 449-0611.

Reiki Level I Class with Suzy Wienckowski and Nancy Steel • Sat., Feb. 1 or Mar. 15, 10 AM - 5 PM • Reiki means Universal Life Energy. The Usui System of Natural Healing is an ancient, gentle hands-on method for channeling this energy. Reiki restores balance and harmony to the body and supports personal growth and spiritual awareness. Level I class includes the history of Reiki lineage, hands-on form for giving Reiki to yourself and others, and 4 individual initiations. Certificate awarded. Fees: \$150. To register or for information about Level I classes, call Suzy Wienckowski at 668-8071 or Nancy Steel 996-2530.

Healing Circle • Fourth Friday of each month, 7 PM. • Just come to 1522 Hill Street (behind 1520). Focus is on Reiki, however all forms of spiritual, psychic and subtle energy healing are welcome. Different facilitator each month. This is a circle of exploration, not a class. Free event. For more information, call Paula or John Steele at 677-8211.

Shamanism

Shaman Journey Workshop with Cyndi Power • Jan. 11-12 or Feb. 15-16 • Two day class learning how to trance journey into the three basic worlds of the Shaman. Retrieve power animals for self and others, and learn how to work with them. Also ancestors/ guides, healing, shape shifting. Cost: \$150. For more information and registration, call Cyndi at 332-0578.

Shamanic Journeys with John Morris • Beginner's group on second and fourth Wednesdays of each month, advanced group on first and third Wednesdays of each month, 7:30 PM • Now in their sixth year, these weekly trance journeys provide a gentle introduction to shamanism, including healing, divination, shape-shifting, and meetings with power animals and spirit guides. The sessions follow anthropologist Felicitas Goodman's book, *Where the Spirits Ride the Wind*, which emphasizes the role of postures in the shaman's quest. Free. Newcomers welcome. Advanced registration is not required. For more information, please call John Morris at 665-3522.

Spiritual Development

The Journey Inward sponsored by **Great Lakes Pathwork** • Second Friday of every month starting at 7 PM • Informal gathering to read and discuss Pathwork Lectures. This material contains a unique blend of psychological and spiritual ideas. (For some background on the Pathwork, read the interview with psychotherapist Brian O'Donnell in this issue of *The Crazy Wisdom Calendar*.) Free. To verify time and place, contact Lisa at 665-6231 or 930-0864.

Pathwork Lecture Study Series sponsored by **Great Lakes Pathwork** • Once a month class • A ten session introductory exploration of Pathwork, a contemporary spiritual discipline which provides a comprehensive map for human and spiritual development. Cost: \$275 includes class fee and materials. For more information, call Lisa Wolf at 930-0864.

Death is an Illusion with Carla Gardner • Sunday, February, 2nd, 9:45 AM - 12 Noon • We do not die: A trance medium will share her direct experience of what it's like on the 'other side.' Where do we go? What do we do? What is it like? Cost: \$39. For more information, contact Carla Gardner at 416-5491.

Happiness: The Final Frontier with **Brenda Morgan** • Fri., Mar. 7, 7-9 PM • Human happiness and spiritual happiness can go hand in hand; one does not negate the other. But understanding what each is and how they are different is crucial for true happiness to arise in your soul. Through dialogue, talk and humor we will share a deeper understanding of these key elements to life on earth and your expression in it. Cost: \$35 per person. To register or for more information, call Susan at 665-0536.

Ending Manipulation: Opening to True Intimacy & Spiritual Life with **Brenda Morgan** • Sat., Mar. 8, 9 AM - 4 PM • When we manipulate, in any way, shape or form within our intimate relationships, love is of no interest to us, no matter how we may try to say otherwise. When we manipulate in other settings, we are not living a life motivated by peace, love and Spirit. To open to love and Spirit, all manipulation must end. To do so requires a natural yearning for love and spirit which arises when manipulations end. This workshop will use dialogue, talk and humor in a variety of individual and group activities in order to focus on seeing and releasing all manner of public and private forms of manipulation. Cost: \$85 per person. To register or for more information, call Susan at 665-0536.

Flower of Life Workshop of Drunvalo Melchizedek with **Lorna Brown** • Fri., Jan 31 - Sun. Feb. 2 • Understand Sacred Geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self and fully opening the heart. Helps to realize the connected-ness of all life and your purpose in it. Cost: \$222. For more information, call Lorna Brown at 428-8748.

Gurdjieff - Ouspensky Group through a **Fourth Way School** with **Jeanie Wayker** • Dates and times vary • A Fourth Way School is designed to develop what is essential in a person. The introductory meeting reviews basic ideas of the work and provides an opportunity to ask questions to be answered in some depth. Meetings are scheduled as requests come in. No charge. For more information, call 697-6651.

Every blade of grass has its Angel that bends over it and whispers, 'Grow, grow.'

—The Talmud

"Life 101"—Exploring the Wisdom Within from a Spiritual Perspective with **Dale Crayne** through **Soundings: A Center for Women** • Starts in March, Tuesday afternoons or evenings • Join us for a 6-part discussion series on: Life as Change, Loss as Opportunity, Forgiveness, Making Peace, Life Purpose, and Living with Joy. Group discussion and self-awareness exercises focus on self-empowerment. Cost: \$120. For exact dates and times, registration or more information, call Soundings at 973-7723.

Spiritual Development for Women with **Ann Schoonmaker** • Thurs., 10 AM - Noon • Ongoing women's study and support group focused on the practical application of various books in the field; for example, in January we will work with Caroline Myss's *Anatomy of the Spirit*, *The Seven Stages of Power and Healing*. We will also work with various books by Deepak Chopra. Cost: \$1 per session facility fee. For more information, call 761-9044.

Improving Your Meditation with **Jonathan Ellis** of the **Ann Arbor Independent Spiritual Network** • Thurs., Jan. 23rd, refreshments and conversation at 7 PM; talk at 7:30 PM, at the Gypsy Cafe (three doors north of Crazy Wisdom Bookstore) • Discussion about meditation, a practice common to many different spiritual approaches. Ideas from Lawrence LeShan's book *How to Meditate* will provide an overview of how meditation is understood in a number of spiritual traditions. Quarterly meeting of the Network which was recently formed to connect people who want to examine and use spiritual concepts and techniques from more than one spiritual tradition. The Network makes no attempt to create a consensus spirituality but rather encourages individuals in their independent spiritual search. Free and open to all interested. No advance sign-up necessary. For more information, call 668-6672.

T'ai Chi & The Martial Arts

Shaolin Strength Training with **Michael Gillespie** • Tues. 7:30-9:30 PM • Self defense students can choose various forms of strength training for muscular development, endurance or chi-gung. Excellent cross-training for bodybuilding, swimming, track or to relieve stress. Cost: \$10 for general basic class; advanced training cost varies. To register or for more information, call 480-1962.

Chen Style Tai Chi Chuan with **Richard Miller** at **Great Lakes Wushu** • New beginning class starts Jan. 6 • Complete instruction in Chen Style Tai Chi Chuan. Classes include basic training forms, push hands, chi kung. Students may attend 3 classes per week. Cost: \$55 per month, \$45 for students. To register or for more information, call Richard Miller at 994-5980.

Traditional Northern Chinese Kung Fu with **Richard Miller** at **Great Lakes Wushu** • Ongoing classes • Complete instruction in the following styles: Jiaomen Changquan [Islamic style long fist], Baji Quan [Eight Infinite Style], Piquazhang [Splitting Deflecting Style]. Weapons: sword, saber, spear. Cost: \$55 per month, \$45 for students. To register or for more information, call 994-5980.



"In China, T'ai Chi Chuan is prescribed by native doctors as medicine, often given a higher priority than herb or acupuncture therapy. Its harmonizing effect, balancing *yin* and *yang*, and its gentle triggering of an enduring energy cannot be gotten in pills."—William C.C. Chen in *Body Mechanics of T'ai Chi Chuan*



Wasentha Young of the Peaceful Dragon School leading one of her T'ai Chi classes

T'ai Chi Ch'uan Classes with Wasentha Young through the Peaceful Dragon School of T'ai Chi Ch'uan • To register, to receive a brochure, or for more information, contact Wasentha Young at 741-0695. The Winter program runs from Jan. 6 thru Mar. 17. The classes offered are as follows:

☐ **T'ai Chi I [Beginners class]** • Mon., 9-10:15 AM or 5:45-7:30 PM • T'ai Chi Ch'uan is an Internal style of Martial Art which concentrates on the integration of internal energy with the mind and body before the martial aspects. Its graceful movements relax the body, strengthen concentration, balance and general well-being. Cost: \$160.

☐ **Teens Class in T'ai Chi Ch'uan with Wasentha Young through the Peaceful Dragon School** • See the listing in the *Kids and Young Adults* section of Calendar.

☐ **Chi Kung (Wild Goose Chi Kung Form)** • Tues., 9-10:15 AM or 7:30-8:45 PM • Chi Kung is a type of Taoist Yoga. It directly affects the body's physical and energy systems. It consists of stretches, imagery, circular movement, and breathing techniques. Wild Goose Chi Kung is a series of movements that combine the principles of Chi Kung into a Form. Cost: \$160.

☐ **Fundamentals of T'ai Chi Ch'uan and Chi Kung** • Wed., 9-10:15 AM • This class is designed for those who are trying to decide if they want to study TCC or CK, people who have schedules that do not allow them to commit to regular classes, and seniors. Cost: \$110.

Therapy/Support Groups

Healing from Cancer Empowerment Group with Susan Wolf Sternberg • New group starts January 7, Tuesdays, 7-9:30 PM • The focus of this group is to help individuals with cancer become active participants in their healing journey through the use of guided visualizations, meditation, relaxation, prayer, keeping a journal, group discussions and exercises, nutrition, and a strengthened connection with one's Higher Self. Cost: \$250 for 10 weeks. To register or for more information, contact Susan Wolf Sternberg at 665-3171 or 668-8777.

Adult Survivors of Sexual Abuse with Lisa Wolf • Ongoing Wednesdays, 5:30-7:30 PM • This treatment group explores the trauma of sexual abuse and the impact of this trauma on the lives of group members. While the specific focus of this group is healing from sexual abuse, group members often deal with a variety of issues: relationship concerns, work problems, death, divorce, current and old pains, present and past anger, and self confidence; with the intent to reclaim their lives and to experience life beyond abuse and beyond identification with abuse. Discussion, disclosure and processing of memories and/or sensations related to abuse, emotional release work, and experiential exercises are some of the treatment interventions used to guide clients on their healing journey. Cost: sliding fee scale, \$25-\$35 per week. Contact Lisa Wolf at 930-0864.

One never loves enough. —Aldous Huxley

Divorce and Beyond Workshop Series at Soundings: A Center for Women • Four Wednesdays, 7-9 PM, starting in January • Overview of divorce; parenting through divorce and getting help from the Friend of the Court; financial survival; alimony, property settlements and mediation. Local attorneys, therapists and other professionals present valuable information and support to assist women through the divorce process. Cost: \$25 per workshop, or \$75 for all four. For more information, call Soundings at 973-7723.

Divorce and Beyond Support Group with Lynne Lande at Soundings: A Center for Women • Eight weekly sessions, Wed., 7-9 PM, starting in February • This group will provide information and resources for coping with divorce. The purpose of the group is to offer encouragement and support to women, in a safe environment. Cost: \$150 for 8 sessions. For more information, call Soundings at 973-7723.

The Saging of Women Using Psychodrama with Sara Schreiber • Thursdays, 5-7 PM, starting the first week of April • Women together define the intuitive wisdom that heightens as we age-- women of all ages are welcome. Cost: \$60 per session. To register or for more information, call Sara Schreiber at 662-1450.

Women's Relationships with Barbara M. Reid • Tues., Jan. 7 - Feb. 18, 7-9 PM or Wed., Jan. 8 - Feb. 19, 9:30-10:30 AM (except Jan 21, 22) • A six week support group with a Christian perspective. Cost: \$120, includes one optional counseling session. To register or for more information, contact 994-7094.

Survivors of Sexual Abuse Group with Carol A. Plummer • Time to be arranged • A therapy experience in a group to gain support, insight and practical skills for coping with past abuse. Screening interview requested. Cost: \$25 per weekly session. For more information, call 994-1253.



Women's Circle of Sound with Kathleen Moore • Tuesdays or Thursdays, bi-weekly, 7:30-9 PM • Using voice, percussion, and other music experiences, this small group brings together women who wish to explore and share themselves through music. Highly effective companion practice to add to one's personal process of therapy, recovery, healing. All/no music backgrounds welcome. Cost: \$25 per session. Call to register as soon as possible. For more information, contact Kathleen Moore at 668-8146.

Women's Circle of Sound for Survivors of Incest and Childhood Sexual Abuse with Kathleen Moore • Thursdays, bi-weekly, 7:30-9:30 PM • This small group brings together women survivors who wish to use voice, percussion, music, and other expressive experiences to explore and share in their process of recovery. Cost: \$25 per session. To register and for more information, contact Kathleen Moore at 668-8146.

The secret of life is in the shadows and not in the open sun; to see anything at all, you must look deeply into the shadow of a living thing."

—————Ute saying

Wholistic Health

"Healing Essentials" with **Ray O. Golden** through the **Center for Intuitive Health** • Wednesdays, 7:30-9:30 PM, Mar. 12 - Apr. 9 • This workshop provides healing and processing techniques to complement energy healing techniques. Cost: \$100. To register or for more information, call Ray O. Golden at 663-6075.

New Health for a New Age with **Sandra Shears, Teresa Antonia Broccoli and Rebecca Smith** • Once a month • Traditional ideas about what heals are changing. A trend is emerging in America towards alternatives in medicine which bring new promise to health care. Find out how you can change your health through new therapies, direct energy work and nutraceutical technology. No charge. Call for time and location, 994-0047 or 663-7638.

Natural Healing with Food and Herbs with **Cindy Klement** • Tues., 9:30-10:30 AM, Jan. 7 - April 29 • Each week join our free herbal hour as we enjoy video presentations of Natural Health Practitioners around the world. Extremely informative; various topics explored. Free. Please phone 665-0383, Ext. 1 to determine space availability and to confirm class location.

Healing Bodily Systems with **Cindy Klement** • A series of Monday classes beginning Jan. 6, 7:30-9 PM • Body systems work in harmony. The natural health philosophy focuses on maintaining balance within body systems. Each system requires different nutrients to perform its special functions. Understanding body systems will help you make informed nutritional choices. Join us as we review the various functions and anatomy of each body system, and then review recommended foods and supplements that heal the system. Each week this series will focus upon healing a different bodily system.

- Jan. 6 - Healing the digestive system
- Jan. 13 - Healing the intestinal system
- Jan. 20 - Healing the nervous system
- Jan. 27 - Healing the glandular system
- Feb. 3 - Healing the immune system
- Feb. 10 - Healing the circulatory system
- Feb. 17 - Healing the respiratory system
- Feb. 24 - Healing the urinary system
- March 3 - Healing the reproductive system
- March 10 - Healing the structural system
- March 17 - Hair, skin, nails and teeth

\$12 per session, classes may be taken individually. To register or for more information, contact Cindy Klement at 665-0383, ext. #1.

The Alternative Medicine Cabinet from A-Z with **Cindy Klement** • Mondays, April 7, 14, 21, 28 at 7:30-9 PM • Each week we'll take six letters or so of the alphabet and discuss common ailments that can be healed by using foods, juices and products from the natural healing world, in place of what we find on the drug-store shelf. Cost: \$12 weekly. Please phone 665-0383 to determine space availability and to confirm class location.

Stress Management: Embracing the Peace Within You with **Melanie Peelman-Fuscaldo** • Part 1: Tues., Jan. 7 or 21, 12-1 PM; Part 2: Thurs., Jan. 9 or 23 from 12-1 PM • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to take back to work to increase your effectiveness. Cost: \$15 per session. For more information, contact Melanie Peelman-Fuscaldo at 668-2733.

Wicca

Basic Witchcraft with **John Morris** • Second and fourth Saturdays of each month, 6:00 PM • Informal discussions and demonstrations of the Old Religion of Europe. Newcomers are especially welcome, as well as those experienced in the Craft of the Wise. Our approach is inclusive, and is not confined to a single tradition or organization. Starhawk's book, *The Spiral Dance*, is recommended reading. Free. Advanced registration is not required. For more information, contact John Morris at 665-3522.



Cindy Klement, pictured here, is a certified iridologist, nutritionist, herbalist, and health counselor.

Womenspirit

Sister-Friend (A Women's Retreat) at the **Weber Center** • Fri., Feb. 28, 7 PM - Sun., Mar. 2, 1 PM • A Weekend for sisters to share together: birth sisters, stepsisters, sisters-in-law and women who are like sisters to one another. These days will provide time to honor, celebrate and ritualize these sister-friend relationships. Cost: \$100. For information and registration, phone 517-263-7088.

Rediscovering and Claiming the Feminine Soul with **Edwina Gateley** of the **Weber Center** • Mar. 14-16, Fri., 7 PM - Sun., 1 PM • During this retreat weekend, we will begin to explore the feminine experience of God. We will look at women's encounters with God, including early mystics, women in Scripture and contemporary women -- ministers, prostitutes and street people. Cost: \$110. For information and registration, 517-263-7088.

Women-Centered Spiritual Empowerment: Finding What Works in a Changing World with **Ann Richards** • Wednesdays, 7-9 PM, starting January 29 • A growth group for women of all religious backgrounds who are seeking meaningful ways to embrace Spirit in a complicated society. New tools for spiritual growth. Cost: \$10 per meeting. For information and registration, call 981-6670.

Yoga

Beginning & Intermediate Yoga Classes with **David Rosenberg** through the **YMCA** and through the **Ann Arbor Public Schools** • Through the YMCA: Level One, Sundays, 2:15-3:45 PM; Level Two, Sundays, 12:30-2 PM. Through the Ann Arbor Public Schools: Saturdays, 9:30-11 AM • Based on the Iyengar teachings, beginning and intermediate yoga poses are taught. Cost: AAPS, \$5 per class; YMCA, \$8.50 per class for non-members. To register or for more information, call YMCA at 663-0536 or AAPS at 994-2300, ext. 233, or David Rosenberg at 662-6282.

Traditional Hatha Yoga Classes with **Laurie Blakeney** • Ongoing • Classes of all levels expertly taught in the Art and Science of Hatha Yoga. Students learn the technique required for a safe and satisfying home practice of postures and breathing exercises. Price varies depending on program you're enrolled in. To register or for more information, contact Laurie Blakeney at 663-7612.

Yoga (continued)

Yoga Class through the Zen Buddhist Temple • Six Tuesdays, 7:30-9:00 PM, begins Jan. 14 or Feb. 25 or April 8 • Traditional yoga postures with an emphasis on concentration, relaxation, and the breath. Cost: \$50. For more information and to register, call the Zen Buddhist Temple at 761-6520.

Authentic Yoga: Classes, Workshops, Retreats, Seminars and Children's Yoga Classes with Ema Stefanova • Yoga for all levels and ages, based on the instructor's unique teaching style and training as one of the closest disciples of Swami Yogamudrananda Saraswati and Satyananda Paramahansa. Love, compassion, action, meditation, simple living and high thinking are some of the principles upon which this scientifically proven yoga practice is based. To learn more about these classes and programs, or to register for the ongoing classes, call Ema Stefanova at 665-7801.

Yoga Classes through Inward Bound Yoga Program • Winter session: Jan. 25 - Mar. 22; Spring session: Mar. 31 - May 24 • Various levels and instructors as listed below. Cost is \$56, \$48 if taken with another class through Inward Bound. To register, or to receive brochure, or for more information, contact instructors at numbers listed. For general information about Inward Bound classes, please contact program director Barbara Linderman at 971-8562. The classes are:

☐ **Yoga Level I with Cathy King through Inward Bound** • Tuesdays, Jan. 28 - Mar. 18, 9-10:30 AM or Thursdays, Jan. 30-Mar. 20, 5:55-7:25 PM • Designed for students new to yoga. Focuses on the basic standing, sitting and supine positions, with introduction to breath awareness. Also suitable for students recovering from injury or illness, who require a gentle approach to the postures. Call Cathy King at 517-592-8017.

☐ **Yoga Level I-II with Cathy King through Inward Bound** • Mondays, Jan. 27-Mar. 17, 6-7:30 PM or Tuesdays, Jan. 28-Mar. 18, 10:45 AM-12:15 PM or Thursdays, Jan. 30-Mar. 20, 7:35-9:05 PM • Continued exploration of the beginning poses, while building strength, stamina and balance. Beginning inversions are introduced. Contact Cathy King at 517-592-8017.

☐ **Yoga Level II with Lynette Smith through Inward Bound** • Wed., Jan. 29-Mar. 19, 5:45-7:15 PM • Refinement of the basic postures. Attention to backbends and inversions increased. Deepening focus on breath awareness. Contact Lynette Smith at 995-0741.

☐ **Yoga Level II-III with Cathy King through Inward Bound** • Mondays, Jan. 27- Mar. 17, 4-5:45 PM • For continuing students with a firm grasp of yoga fundamentals. Broadens experience in the inverted poses and backbends. Contact Cathy King at 517-592-8017.

☐ **Yoga Level III with Martha Laatsch through Inward Bound** • Tues., Jan. 28-Mar. 18, 5:30-7:15 PM • For those prepared to work intensively in forward bends, twists, backbends, and inversions. Advanced practice in coordinating strength, flexibility, balance and mental awareness. Contact Martha Laatsch at 930-0408.

☐ **Astanga Yoga with Jonathan Tyman through Inward Bound** • Ongoing class, Sat., 8:15-10:00 AM • Based on the classical Primary Series of sun salutations, standing poses, forward bends, and inversions. For experienced students. This is a drop-in class. Cost: \$7 per class. Contact Jonathan Tyman at 996-4549.

☐ **Aerobic Yoga to Music with Barb Linderman through Inward Bound** • Ongoing class, Wednesdays, 7:30-8:30 AM • This wake-up series of sun salutations and standing postures builds vitality and strength. Class concludes with restorative poses and *savasana*. This is a drop-in class. Cost: \$5 per class. For more information, contact Barb Linderman at 971-8562.

☐ **Posture Series to Sacred Music with Barb Linderman through Inward Bound** • Thurs., Jan. 30-Mar. 20, 4:00-5:45 PM. • For experienced students, this class offers sequences of yoga postures integrated with chants and other sacred music. Especially appropriate as a supplement to a regular yoga class. To register or for more information, contact Barb Linderman at 971-8562.

Yoga with Sally Misko of Energy Connection • 8 week classes meet twice weekly on Tues. & Thurs. at 6 and 7 PM • Yoga develops a feeling of well-being and strength. Exercises from the very easiest to the most difficult. Cost: \$80. For more information, call 810-220-0320 or 810-227-1878.

Kripalu Yoga—Beginning and Continuing Classes with Jeff McCabe • Beginning Level: Mondays, starting January 6, 5:50-7:25 PM or Saturdays, starting January 11, 10-11:30 AM; Continuing Level: Tuesdays, starting January 7, 5:50-7:25 PM • Experience Kripalu Yoga in a friendly and supportive environment. \$60 for eight week series. A new eight week class series will begin again on the week of March 3. To register or for more information, call Jeff McCabe at 662-9406.

Ageless Yoga with Donna Pointer through the Yoga Iyengar Style Studio • Mondays, Feb. 3 - Apr. 28, 2:30 PM • Gentle yoga classes especially tailored to the needs of senior citizens or those with disabilities, using Iyengar therapeutic yoga methods. Limited to 8 students. Cost: 12 weeks for \$120. To register or for more information, call Donna Pointer at 662-5026.

Ageless Yoga with Donna Pointer through the Ann Arbor Senior Center • Tuesdays, starting on February 4, 1:00 PM or 2:30 PM, or Wednesdays, starting on February 5, 8:00 AM • See class description directly above this one. Class size limited to 16. Minimum age 55. Call the Ann Arbor Senior Center to register and for prices, at 769-5911.

Mixed Level Iyengar Yoga with Donna Pointer through the Yoga Iyengar Style Studio • Mondays, starting February 3, at 5:45 PM or 7:30 PM, or Tuesdays, starting February 4, at 5:45 PM or 7:30 PM • Taught in the Iyengar tradition, with class content tailored to the individual students in a fully equipped Iyengar studio. Cost: 12 week session for \$120. To register or for more information, call Donna Pointer at 662-5026.

Astrological Services at Crazy Wisdom



An assortment of charts available for the seasoned Astrologer. Natal charts also prepared with extensive interpretation for the novice.

206 N. Fourth Ave.
Ann Arbor, MI 48104
313-665-2757

The Spirit of the Future is Now!

Background information on the Teachers and Workshop Leaders and the Centers

Academy of Astrology is a not-for-profit organization dedicated to the teaching of astrological knowledge and the promotion of astrology as a tool for personal and social growth. Founded in 1983, and based in Lansing, the Academy also offers courses in 6 Michigan cities, including Ann Arbor.

Betsy Adams has 18 years experience with animals, including wildlife rehabilitation. She is a holistic practitioner & consultant using many energy healing methods.

Maurice Alberda, M.A., draws on his study and teaching of literature, Bioenergetic Analysis and shamanic studies in his Creative Integration work with individuals and groups. His life and work have also been strongly influenced by Carl Jung, Joseph Campbell, Jean Houston and Robert Bly.

Ann Arbor School of Massage and Bodywork is a certified educational and training program for massage therapists and bodyworkers. Barry Ryder is the Director, and Deborah Salerno is the Administrator. Students at the School take part in an intensive program designed to lead to state certification and licensing.

Lee Anzick has done men's workshops and retreat work together with Bob Schramm for many years. They also work with the men's Wisdom Council.

Khita Austin, CMT, a Certified Rolfer, has been in private practice as a Rolfer for seven years and a bodyworker for nine years. She is a trained practitioner in the exercise rehabilitation techniques of Joseph Pilates. Her work is also influenced by her extensive and ongoing training with an elder in the Hodeñosanee medicine tradition.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolfing in San Francisco for 11 years, and he's also studied craniosacral therapy. His work has also been informed and influenced by six years of training in Bodydynamics, a body-oriented psychotherapy, originated and taught by Lisbeth Marcher and others in the Bodydynamics Institute of Copenhagen, Denmark.

Judith Banker, MA, is the director and co-founder of the Center for Eating Disorders. She is also the owner and director of The Therapy Center of Ann Arbor. She has over 20 years experience in the treatment of eating disorders, as well as in training, supervision and program development in the field.

Mary Beam is a local teacher and astrologer. She is a member of the Michigan Federation of Astrology and its executive council and the National Council for Geocosmic Research.

Kimberly Beattie has been researching, studying and teaching movement for eight years, in university settings as well as at fitness studios. She also has a deep love for music, and incorporates music into her classes.

Rose Beres is a Reiki Master and intuitive healer. She is the owner of a new business in Plymouth, Michigan, called *Ageless Wisdom*. The business' purpose is to restore physical, emotional and spiritual balance. She does private consultations on personal empowerment and spiritual growth.

Laurie Blakeney is a senior certified Yoga instructor with 18 years teaching experience & extensive training in India.

Teresa Antonia Broccoli, MSW has over 17 years experience as a holistic health care worker, educator and counselor.

Patty Brennan is a midwife and health educator with thirteen years experience working with pregnant women and their families. She is co-author of *Guide to Homeopathic Remedies for the Birth Bag* and producer of the homebirth video *Trusting Nature: Today's Traditional Midwife*.

Barbara Brodsky is the founding teacher of Deep Spring Center. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Clara Brower has done extensive work in the area of dream therapy.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972 (which is a long time!) Her current workshop emphasis is on unconditional love and opening the heart space. She also maintains a hypnosis and spiritual counseling practice.

Kapila Castoldi has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over ten years. For the past seven years she has lectured on meditation and spiritual practice throughout the Midwest. She is the director of the Sri Chinmoy Centre of Ann Arbor.

Therese Craig, OP is a practicing spiritual director and workshop leader for journaling and dream work at Weber Center. As a certified consultant for the Proffoff Intensive Journal method, she has led journal workshops and retreats in the US and Canada for 17 years.

Dale Crayne, MA has been a teacher and consultant for more than 15 years. Her private practice involves personal growth from a spiritual perspective. Issues related to self-esteem, life transitions and life purpose form the focus of her work.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Hava Jean Delgado founded & has directed Paradigm in all its models, from Paradigm Dance Theatre, Paradigm Center for the Arts, to its present model: Project Paradigm. She has taught, choreographed & performed dance in many forms for 30 years.

Lalita Doke has been a certified Reiki Master for five years, and a mantra meditator for ten years. She teaches traditional Usui Shiki Ryoho Reiki and is Resident Reiki Master at the Lighthouse Center.

Kathy Drabik is a certified Breathwork facilitator.

Jonathan Ellis, has been associated with Crazy Wisdom Bookstore since 1989, and has been leading individual and group retreats for many years. His initial training was with the Jesuit religious order and he later developed a broad approach to spirituality in a variety of settings. Jonathan is not now linked with any one spiritual group but draws ideas from many sources. He is currently a contributing editor for *Deepak Chopra's Infinite Possibilities*, a national newsletter published by Random House.

Linda Diane Feldt is an experienced instructor in the field of holistic health. Linda Diane has had a full-time private practice and been teaching in the field since 1981. Her formal credentials include Registered Polarity Practitioner, nationally certified in Therapeutic Massage & Bodywork, and Certified Massage Therapist. She also completed beginning & intermediate Craniosacral Therapy training with John Upledger and an apprenticeship with Susan S. Weed.

Lori Fithian has played various forms of drums and percussion for as long as she can remember. She has worked with Ubaka Hill, Nuru, Babatunde Olatunji and others, and is currently sharing rhythm and drum techniques with the womyn's drum orchestra "Drumwomyn."

John Friedlander is a nationally recognized psychic teacher, reader, channeler. He co-authored *The Practical Psychic*. He studied with Lewis Bostwick, founder of the Berkeley Psychic Institute and was part of the original Jane Roberts Seth group. He graduated from Harvard Law School and practiced law for over a decade.

Carla Gardner combines multiple incarnations as a mystic with forty recent years of "traditional life". She is a teacher, author and medium.

Edwina Gately has a master's degree in theological studies. She is the founder of Voluntary Missionary Movement and Genesis House, a place where women in prostitution are welcomed.

Norma Gentile, B.M., M.M., is a professional singer and trained auric healer who specializes in the music of Hildegard von Bingen. Her concerns, workshops and recordings reflect her passion in bringing music from the inaudible realms into the physical world for healing purposes. She has a private voice and Attunement practice in Ann Arbor.

Nanci Rose Gerler is a psychic, channel and intuitive healer. Her practice, Crystal Clear Expressions, is located in Ann Arbor. A "full-service psychic", she does psychic readings for personal and spiritual growth, and she channels "empowering messages from Masters, guides and angels".

Elena Gillespie is a spiritual healer specializing in cancer and catastrophic illness. She uses Tibetan and Western meditation techniques in her work.

Michael Gillespie has studied various Chinese martial arts since 1972 and has lived in Ann Arbor since 1984.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. He has also studied Esoteric Healing, nutrition, Touch For Health, channeling, and Zero Point Process Therapy. Ray is also a teacher with the Ann Arbor Practical Psychic Center.

Robin Graubarth did not provide us with any background information, but we can attest to her friendliness. You can email her at robngrau@umich.edu.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The primary work of the Pathwork is the transformation of the lower self. The Pathwork community is dedicated to serious study and the practice of Pathwork teachings.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Richard Gull, Ph.D., teaches Philosophy at the University of Michigan, Flint. He has 8 years of experience in facilitating men's groups, and has attended workshops with Robert Bly and Shepherd Bliss. He's written and published widely on gender issues.

Nina Howard, CMT, studied massage therapy at the International School of Professional Bodyworkers in San Diego, is a Polarity therapist, and is a certified trainer of the Belavi Method. She has also spent time in Chiang Mai, Thailand, learning ancient Asian healing techniques.

Inward Bound consists of **Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman**. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. **Barbara Linderman** is the program director of Inward Bound.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Esther Kennedy, OP is a member of the Adrian Dominican Sisters, a therapist in private practice and a workshop presenter. She recently returned from a year of study in Indonesia, where she pursued the universal wisdom of Eastern spiritual traditions.

Cindy Klement is a certified iridologist, nutritional consultant, herbalist & health educator practicing for nearly 17 years. She is featured frequently on TV, radio & in the Detroit News.

Lynne Lande, MSW, DCSW is a clinical social worker who has been involved with Soundings since 1982. She is the originator of the Divorce & Beyond program and has led many divorce recovery support groups. She believes in women working together to develop strength and courage to move ahead with their lives.

Geri Larkin is President of Strategic Thinking, and an ordained Zen minister. She was a manager with Deloitte and Touche for years. She is the author of several books, including *Woman to Woman: Street Smarts for Women Entrepreneurs*.

Serena Larson grew up studying dance, theatre and voice, and has participated in several dance improvisation classes as an adult.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Paula M. Lund, from Chicago, Illinois, is a trance channel with a strong background in yoga, meditation and astrology. She does home visits and house blessings.

Magical Education Council of Ann Arbor was founded in 1974 to bring together people of spirit from many paths to celebrate our common journey. Its goals are learning in service to faith, and mutual understanding.

Lynn Malley has been leading people in chant for over 30 years. Besides having an active psychotherapy practice in Ann Arbor, she composes music in the chant style and head the Music Department at Grailville, an ecumenical multi-national organization of women. With this choir, she has recorded the CD, *A Women's Celebration of Chant and Harmony*.

Laura Massaro, MA has twenty years experience with music, the arts and healing. She is a facilitator for *The Artist's Way* as well as for creative writing groups. She also teaches songwriting, both privately and at Washtenaw Community College. She incorporates music, drama and movement in her work with children.

Jaye Matchett has an undergraduate degree in dance and has been involved in various community dance projects. Jaye is beginning a Masters Program in Dance Therapy in the Fall.

Jeff McCabe is a certified Kripalu Yoga instructor.

Susan McDonald, ACSW has led several *Artist's Way* groups for professionals and non-professionals in the Ann Arbor area. She is involved in the arts herself, and follows the practices described in the book. She is a therapist in private practice in Ann Arbor.

Majida and Siddiq Middlebrooks have been students of Sufism and the Dances of Universal Peace for 14 years.

Glenn Miller, D.C., has been studying for 6 years with the developer of Neuro Emotional Technique, and he belongs to N.E.T.'s international association. He graduated from Palmer College of Chiropractic in 1969, and has been practicing in Ann Arbor for 27 years. He also has studied kinesiology, acupuncture, nutrition and meditation.

Richard Miller has 20 years experience in traditional Chinese martial arts. He trained in Taipei, and also at the Adam Hsu Kung Fu School from 1979-1991.

Kathleen Moore is a vocalist & has taught voice for 15 years. She is a certified music therapist, a member of The American Association for Music Therapy, and a lecturer in music composition at the U of M Residential College.

Brenda Morgan, Ph.D. feels herself to have been blessed with intuitive and psychic gifts. These arose during her spiritual unfoldment in which "the Truth Within was Realized."

John Morris, Ph.D. has seven years experience in shamanic workshops, 40 hours of training at the Institute for Shamanic Studies, and is a Philosopher & Wiccan priest.

Mulberry Farm is a Light Center dedicated to spiritual practice and community.

Rebecca Mullen, MSW has over 20 years of experience at the University of Michigan doing psychological counseling of students. Her background includes Gestalt work, breathwork with Stan Grof, and Jungian dream work.

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization & has been teaching for 20 years. She has been a Dharma Teacher & the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She has taught introductory meditation & led retreats locally & in Toronto & Chicago in a variety of settings.

John Orr was a Buddhist monk in Thailand for 10 years, & now teaches throughout the U.S. He lives in Durham, N.C., where he is on the staff of Duke University.

Melanie Peelman-Fuscaldo, LPC is a Licensed Professional Counselor with a National Counseling Certification. She has a passion for counseling and works with each person to connect with her or his inner wisdom.

Phyllis Perry, MSW, CSW is the founder of New Options Counseling. Specializing in holistic & artistic counseling for women in the areas of careers, education, relationships, relocation & creativity.

Carol A. Plummer, MSW, ACSW provides individual and group therapy in private practice in Ann Arbor. Her specialization is sexual assault, child abuse, and women's issues.

Donna Pointer is an intermediate-level, certified Iyengar instructor. She has been teaching since 1975. She was trained at the Iyengar Institute in Pune, India, where she has undergone personal training with B.K.S. Iyengar. She is in India right now, training with Iyengar, and will continue her training there into January of 1997. After that, she returns to Ann Arbor to continue teaching her yoga classes.

Background Information on the Teachers and Workshop Leaders and the Centers (cont'd)

Cyndi Power started formal training to be a shaman at age 3, and has been practicing now for 23 years. Part Cherokee, part Blackfoot and part Irish, she was taught to be a full shaman at the Bella Coola Reservation.

Barbara Reid, MSW is a social worker in private practice in Ann Arbor. She is a certified Imago relationship therapist, serving couples, adult individuals and groups.

Ann Richards, M.S.Ed, L.P.C. has been a therapist for eleven years. She is a student of and facilitator for women's spirituality groups.

Jesse Richards' wholistic vocal training is the synthesis of her life long study of voice, human development, spirituality and dance. She has taught voice privately for 15 years, as well as toured nationally giving workshops on freeing the voice. She has released 8 recordings of original music on the Isis label and is the Artistic Director of the performing arts ensemble Sister Earth.

Ruth M. Riegel, Ph.D. is a psychologist certified in Bioenergetic Analysis. She has been working for the last eighteen years to explore different modalities that help us expand our world inside as well as outside.

Kyabje Gelek Rinpoche is an incarnate Tibetan lama. He is the founder of the Jewel Heart Tibetan Buddhist community, and he has graced the Ann Arbor area with his presence now for a number of years.

ShuNahSii Rose is a practitioner & teacher of earth-based spirituality. Her roots in this work trace back to her early childhood under the guidance of her maternal grandmother. She is also the founder & director of Changing Woman—A Center for WomanSpirit.

David Rosenberg has been teaching Yoga in the Iyengar tradition since 1993, and is certified. He recently traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist.

Ann Schoonmaker, Ph.D. received her doctorate in theology from Drew University, and has also received clinical training at Blanton-Peale in New York City. She has been exploring the rich territory of transpersonal psychology and spirituality for over 30 years. She has over 18 years of experience in marriage and family therapy, and is a Master practitioner in Neuro Linguistic Programming, having trained with Leslie Cameron Bandler. She is the author of Me, Myself and I: Every Woman's Journey to her Self, as well as The Devil with James Bond.

Bob Schramm, Oblate of St. Francis de Salle has done men's workshops and retreat work with Lee Anzick for many years. They also work with the men's Wisdom Council.

Sara Schreiber PhD. has a doctorate from the University of Michigan in Counseling Psychology. She has extensive Psychodrama training with Dr. Jacob Moreno, & also in off-Broadway improvisation & theatre. She is in private practice in Ann Arbor specializing in psychodrama, group therapy, & marriage counseling.

Sandra Shears has been in practice since 1989. She writes to us that she is a "channel guided by the Higher Communities of Light, offering an accelerated process for becoming your Soul through direct energy work."

Matruka Sherman, MSW has been a professional astrologer since 1973 & is a member of the NCGR & AFAN. She has been in private practice for over 20 years & teaches both group & private instruction. She also teaches meditation.

Shining Lakes Grove is the local branch of Árdraiocht Féin (ADF). ADF is reviving the practices of the Indo-European peoples in a manner suited to modern needs and sensibilities.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Majid Simonds, a student of various forms of meditation & spiritual practices for over 20 years, has been a "representative" (teacher) of Sufi techniques & the Dances for 10 years.

Linda Sinkule is a Reiki Master, Structural Integrator (Rolf Method) and Transformational Breath facilitator. A native of Ann Arbor, Linda has been a health practitioner for seventeen years.

Nancy Steel is a Reiki Master & practitioner, musician, teacher and mother of two. She has 21 years experience teaching all ages—kindergarten through college in public institutions throughout the country. She teaches traditional Usui Shiki Ryoho Reiki and is a member of The Reiki Alliance.

Paula and John Steele have been Reiki Masters since 1993 and spiritual healers since 1992. Paula works at Crazy Wisdom Bookstore, as well as at Whole Foods. She's been enjoying free-form drumming for three years.

Ena Stefanova has taught yoga since 1979 in Europe & the U.S.

Susan Wolf Sternberg, MSW is a psychotherapist at Tapestry Counseling Center and has 20 years of experience working with individuals and groups. She is a survivor of advanced terminal cancer. For the last 4 years, she has worked intensively with people with life-threatening illnesses.

Judy Stone, MSW, CBT is the founder and director of Feeding Your Whole Self™. She has been weaving together Bioenergetics, food and healing, natural foods cooking and relationship-with-food issues for 16 years. She is a certified Bioenergetic therapist in private practice and also provides nutrition consultations.

Tom Thomas has been giving individual psychic readings for 11 years, specializing in careers and relationships.

Mary Tillinghast has been manager of Castle Remedies for 12 years. Castle Remedies, located at the Parkway Center, is an important, local source for homeopathic medicines. She has had hands-on training in using homeopathy under Edward Linkner, M.D.

Jeanie Wayker has been involved with the Gurdjieff-Ouspensky *Fourth Way School* for many years.

Leonardo "Khaalid ibn Waleed" is a humble servant and student of Grand Shaykh Muhammad Nazim Adil, Grand-Mufti of Cyprus and worldwide leader of Naqshbandi Tariqat, as well as a student of Mawlana Shaykh Muhammad Hisham Kabbani of the Most Distinguished Naqshbandi Sufi Order. (Whew, I hope I got that right!)

Suzy Wienckowski is a Reiki Master & practitioner, & a registered massage therapist with 16 years of experience in the healing arts. She has taught massage therapy for 9 years at massage schools in Washington, D.C. and Ann Arbor. She teaches traditional Usui Shiki Ryoho Reiki and is a member of The Reiki Alliance.

Suzanne Willets Brooks has been blending the arts of teaching, performing and healing for most of her working life. Her background includes a degree in Education from E.M.U., as well as a rich variety of experience in dance, drama and the healing arts.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. She has worked with survivors of childhood abuse for 16 years. Her unique approach to working with clients combines traditional therapeutic paradigms, creative intervention strategies, and spiritual dimensions of healing. In addition to her work as a therapist, Lisa is involved with the Pathwork, a contemporary spiritual discipline. She is also a musician and a mother.

Isabelle Yingling has been teaching Bradley Method classes for eight years. She has served as a labor assistant for about two dozen births over that same period of time. She is the mother of five, and a graduate student in Women's Studies.

Betty Younger, CSW, ACSW, a psychotherapist in private practice, has taught Create Your Life classes in this area, including at Schoolcraft College and at U of M's Learning in Retirement program, for the past 6 years. She also teaches in other areas and plans to lead a 4-day workshop in Nova Scotia next September.

Wasantha Young has studied T'ai Chi Ch'uan for 26 years. Some of the most prominent instructors who studied under Yang Chang-fu and Chen Man-ching are her mentors and have helped round her understanding of this art. She has received formal instruction in Form, Push Hands, Application, Meditation, Sword, Staff, Saber, and is a certified Acupressurist.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by **Reverend Sukha Murray**, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and **Geri Larkin** and **Nathaniel Needle**, ordained Dharma teachers.

The Crazy Wisdom Interview— Brian O'Donnell on Psychotherapy and Spirituality

Brian O'Donnell has been at the cutting edge of the human potential movement for almost 20 years now, and in the last 10 years he's been engaged in exploring the interface between the psychological and the spiritual.

The Crazy Wisdom Interview this issue touches on O'Donnell's extensive exposure to leading thinkers in the area of personal growth, as well as his interests in spiritual growth, prayer, sexuality and working with the gay and lesbian population. O'Donnell spends a good deal of time these days traveling around the country teaching, but we caught up with him one brisk Friday morning in early November.

Bill Zirinsky: Brian, you are a psychotherapist working in Ann Arbor. Is that right?

Brian O'Donnell: Yes.

BZ: And you've been practicing now here for about twenty years?

O'Donnell: Twenty years. . . twenty-one years, actually.

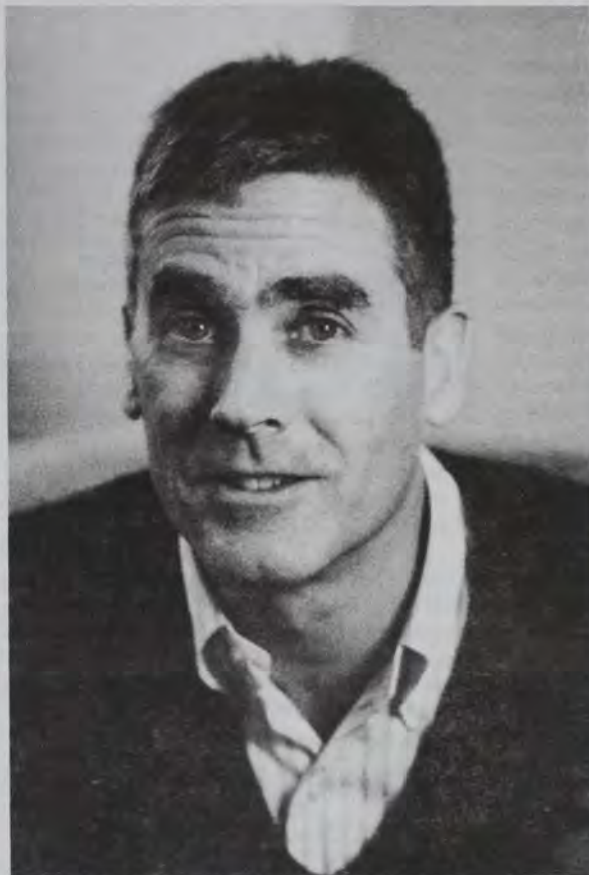
BZ: I have often noted to other people, and said to you, that among the people I know in Ann Arbor who are therapists, that you have done workshops in, and have learned about as many different modalities as really anyone I know in this community. What is the focus of your practice now? What are your prime modalities in working with people?

O'Donnell: I have a general practice, although the majority of people that come to see me are people that want to do long-term characterological change work. I also have a fair number of people that are interested in the spiritual quest.

BZ: So are you using a particular modality these days—gestalt work or bioenergetic work—or are you kind of doing something that combines all the different things that you have learned over the years?

O'Donnell: I do utilize a combination of all the different trainings. I think what I have been exploring in the last couple years is integrating the transpersonal perspective that I've been studying for twenty years with the more traditional psychodynamic/object relations analytic model, which I find is a wonderful combination to really meet people wherever they may be on the spectrum of their consciousness.

The psychodynamic object relations model really is an elegant model of understanding early childhood development and the wounds that arise from traumas that happen in the early development of the infant and the child. The transpersonal perspective really provides a comprehensive understanding of development beyond the ego. . . beyond the consolidation of the ego which is the normal understanding of people's perception of developmental psychology. Freudian psychology is the development of the ego. Transpersonal psychology—that's where it begins to take off—is the development beyond the ego.



"We're all on a soul's journey to return to the divine...We all leave home, so to speak, and come in and enter the world of duality, enter the world of this earth's sphere, to learn lessons, to heal where we are split off from God, the divine."

BZ: What does it mean to work with somebody from a transpersonal perspective?

O'Donnell: That means that I have an appreciation of what their soul's journey is—that they're here and on their way back home to God.

BZ: So you're trying to help the person to understand, not just their psychological issues, but their spiritual issues in life?

O'Donnell: If they're interested. Many of the people I work with have no conception that I have a transpersonal orientation.

BZ: Because they're not necessarily interested.

O'Donnell: They're not interested in it and it wouldn't be helpful to them. Their work is really focused on the more object relations end of the spectrum—healing childhood wounds.

BZ: What does that mean—their soul's journey back home?

O'Donnell: Well, I believe that we're all on a soul's journey to return to the divine. It's the story of the prodigal son or daughter. We all leave home, so to speak, and come in and enter the world of duality, enter the world of this earth's sphere, to learn lessons, to heal where we are split off from God, the divine. At a certain point, we feel a call to go back home, to reconnect or unify with our

deepest nature. I believe psychology and spirituality, especially when they're blended, can provide a powerful tool, a powerful vehicle for the journey home.

BZ: The call back home—does that mean we're ready to die?

O'Donnell: Not necessarily in the physical sense, but in the psychological sense. I feel like the spiritual journey, as well as the psychological journey, if it's done in any depth, requires that a person know how to die. . . to die to whatever concept of themselves they hold dear. Because to be living truly in spirit means to be changing moment to moment. To be living in divine mystery means we have to let go of who we think we are. We have to learn how to die.

BZ: You were born Roman Catholic?

O'Donnell: Yes.

BZ: And what part did that play in your transpersonal work?

Behold but One in all things; it is the second that leads you astray.

—KABIR

The Crazy Wisdom Interview: Brian O'Donnell on Psychotherapy and Spirituality

O'Donnell: It's an interesting question. I was raised in a devout Catholic home and both my parents and my older brothers and sisters—I'm the youngest of eight—had a reverence for the spiritual life. I feel like that instilled in me an appreciation and a hunger for dimensions beyond everyday reality. It also hindered me in the sense that there was a lot of external morality, which carried with it a heavy weight of shame. But there was also an emphasis by both my parents and the church on appreciating mystery—the divine mystery, and making space for that in our everyday lives. We started every meal with a prayer. There was an emphasis on going to church and receiving sacraments which are external signs of internal mysteries.

BZ: Do you think that the greater interest in transpersonal psychology and one's own transpersonal work is because people have the sense that there are mysteries in living that are not or cannot be fully uncovered or understood or appreciated from a strictly ego or psychological point of view?

O'Donnell: Yes, I think that's well put. I think the mind, the external mind, the everyday mind is very limited. It has its function and its capacity. But in my spiritual understanding, its job is really a servant to the greater mind. Its job is really to open or prepare the way for the deeper mind—divine intelligence. It's very limited, and all too often we make the external mind the master and not the servant. I feel like, at a certain point in people's development, there's an awakening that there is more than this external mind, that we feel a call to a deeper heart. It's not just mind; it's heart. It's the world of the realm of feeling, the realm of heart, the realm of communion with all of life.

BZ: Have you noticed an increase in the interest in spiritual development over the last ten years? Not necessarily only in your own practice. I have seen a very noticeable increase in the number of counselors and therapists in Ann Arbor who are doing personal growth work which has a spiritual component. The kind of books that we have at Crazy Wisdom that people are reading really speak to people's interest in larger questions and spiritual meanings.

O'Donnell: I think that's true. I think that's true not only with what we call the New Age movement, but it's also true in the fundamentalist movement. I feel like there is a call in the world at large for a deeper meaning, for a more fundamental understanding. Partly, that's a result of the accelerated changes that are happening in our culture—the political changes, the changes in information processing, economic shifts, computers, the changes with sex roles. But it's also a product of fragmentation—the breakdown of the family, the breakdown of structures of traditional meaning. I also believe there's an acceleration of consciousness happening in the world—all of which brings people to ask deeper questions or to search for a spiritual source.

BZ: Over the years, Brian, you've done a lot of experimentation and you've tried and done workshops in and been trained in many different methods. You have kept abreast of all the major trends and ideas that have come out of the human potential movement over the last twenty years. I remember, years ago, you did some work with Arica, which was Oscar Ichazo's institute. You've done Native American work, work with Richard Moss, bioenergetic training, been to international transpersonal conferences... You read deeply and widely in the related areas of the human potential movement.

O'Donnell: Werner Erhard.

BZ: You did some work with Werner Erhard. You did a number of years of training in Core Energetics. And now, I know that for a number of years you've been involved in something called the Pathwork. Before you tell us about the Pathwork, can you tell us about the modalities that you've been trained in over the years that have been particularly meaningful; the work which you've most incorporated into how you view working with people?

O'Donnell: Well, I feel like everything that I've studied has been helpful to me. I feel like they've all served to help awaken this call in me. They've spoken to a dimension of experience that has been perhaps crippled in me. Each of these teachers and voices has educated and matured me. For instance, I feel like Werner Erhard is an excellent teacher about the right use of will.

I also think each of these teachings has its dark side. So, for instance, with Werner, I feel like the will aspect wasn't balanced with heart. I feel like bioenergetics was useful for me and it helped me learn to live in my body again, to learn to live with my feelings. But it wasn't enough because it didn't incorporate the soul, which is where Core Energetics and the Pathwork has helped me integrate that aspect of my life. Each of them has served as a stepping stone.

I feel like one of the dangers of the human potential movement is that they have not understood the spectrum of consciousness. Briefly, what I mean by the spectrum of consciousness is the idea, first developed by Ken Wilber, that in the human journey there are evolutionary steps that first involve the formation of a healthy ego to later steps that involve releasing identification with the ego and merging with the Divine. I think that they have created casualties, as well as served a tremendous function. I feel like people were not met in their totality and certain people's early childhood wounds were not addressed. In fact, people try to transcend them too quickly and people try to superimpose a belief system—for instance, the EST belief system—on top of a damaged psyche, creating further damage. So I don't feel like there was an understanding or an articulation of early childhood development, and what they did offer was very powerful, incisive, and useful for people at a certain point in development. Some people

were really served by it—they could take the next step in their development. Other people misused it and further damaged themselves.

BZ: When you're talking about "they", what are you referring to?

O'Donnell: You mean in terms of "they damaged"?

BZ: Yes.

O'Donnell: Well, I feel like myself and other people who have taken these programs were reaching for a certain outcome. It became a part of their idealized image, and there was enough truth in these teachings that they were compelling and had some force in their lives. But the force diminished because people weren't going to the roots of their problems. They were taking something from the outside and trying to will themselves into another level of development, into a certain level of insight.

"Why it's so exciting to me is because sexuality is a powerful lens through which to understand our soul's journey. Sexuality brings to the fore, in a very concentrated way, all the teachings of the Pathwork. Sexuality is where the rubber meets the road. It's the aspect of our work that spiritualizes the body and materializes the spirit."

BZ: It sounds like you're saying that you think that many of programs that you did in the late 70's or the 80's were of limited value.

O'Donnell: For a sizable portion of people, I think they had limited value. But I think for some people, they had long-standing value—for people that were truly ready for it. When they offer wide-scale programs for people, these programs can't address the particular needs of the individuals and where they are in their developmental journey. For some people who are broken, they try to use this as a Band-Aid or as a way to rise above—and I'm putting myself here—early childhood deficits. It was exhilarating for awhile, but until the early childhood deficits are met, the remedies, so to speak, can't really be integrated fully. They can't be sustained. So I'm much more comprehensive, for instance, when I work with somebody now. I'm much more flexible than I would have been fifteen years ago. Not everybody has to fit into a certain kind of understanding. I try to, as much as possible, respect the spectrum of consciousness and where somebody is in terms of what they need. Not everybody who comes into my office gets a transpersonal perspective.

BZ: Do you do bodywork of one sort or another with clients anymore?

O'Donnell: Occasionally. I don't think it's an area that I'm particularly gifted in. But I do feel that I always have an understanding of where the body is in relationship to the psychological dilemma and how the dilemma is manifested in the body. Periodically, I'll work to bring consciousness to the dilemma as it's manifested in the body.

BZ: There came a time in your career where you moved into Core Energetics and then into the Pathwork. Can you talk about what Core Energetics is and what the Pathwork is?

O'Donnell: Core Energetics is the form of working on the personality—the psychology of the person—that incorporates not only the productions of the mind, but also includes working with the body and how the dilemmas and the conflicts of the personality are not only manifest in our relationships and what our mind thinks, but also in how our body is structured, in how our body moves through life. As I said earlier, that's also included in bioenergetics. But what Core Energetics also includes is an understanding of the soul's journey—that we take on this body to learn particular lessons; we take on this particular psychology to learn evolutionary lessons on our journey home.

I began studying Core Energetics at the same time as joined the Pathwork because I was seeking something beyond just understanding the personality in relationship to the body and mind. I was seeking a larger vision. And the Pathwork... I guess it depends on what day you ask me what the Pathwork is. But today...

BZ: Today is Friday, November 1st. What's the Pathwork...?

O'Donnell: The Pathwork today? To me, it is a path of Remembering. It's a path which sees how fragmented we all are. It seeks to reunify the fragmented aspects of ourselves—particularly, the discarded aspects of our humanity that we turn away from because we're afraid of them. I think the particular gift of the Pathwork is the teachings around working with the lower self and the dark side of us, the more base aspects of ourselves—our cruelty, our envy, our spite, our negativity. We see that as an alchemical process. The Pathwork believes that we take the lead of our baser aspects and turn it into the gold of our divine nature.

BZ: Who was Eva Pierrakos?

O'Donnell: Eva Pierrakos was the channel through which these teachings emerged. She started channeling these teachings in the late 50s and she died in 1979.

BZ: What does that really mean—channeling, being a channel for these teachings? Did they come from her?

O'Donnell: That's always a question that people ask and I don't know ultimately what the truth is, and I don't even know if it matters. What she did is that she made herself an instrument to powerful wisdom that was beyond what she knew in her everyday mind. The personality or the entity that came through Eva refers to himself as "The Guide" and he says it really doesn't matter who he is—what really matters is that we pay attention to his teachings.

BZ: Was she an American-born woman?

O'Donnell: No, she was Austrian. She was a dancer. She was a sensualist by nature. Spirituality was not her inclination. In fact, she described herself as a very superficial person until she had a profound experience while she was in a nightclub, I think in the late 40's or early 50's in Europe, and she had, what she called, a "Christed" experience.

BZ: A what experience?

O'Donnell: "Christed" experience.



BZ: How do you bring some balance to your rather serious sense of purpose and work?

O'Donnell: I love to watch MTV and Regis and Kathie Lee! I'm addicted to magazines of all kinds, from trashy to esoteric.

BZ: Christed?

O'Donnell: Yes. She had an experience of Jesus Christ and she was a Jewish woman. It was very startling to her. Her channeling started with automatic writing and eventually moved into just directly speaking, making herself available to The Guide who spoke to her. She eventually channeled 258 lectures about all aspects of spiritual and human development. It's really a highly articulated, highly demanding roadmap for spiritual and self development.

BZ: And John Pierrakos, who was he?

O'Donnell: John Pierrakos was one of the developers of bioenergetics and he met Eva in the early 70s, I believe. There was a marriage not only of their personalities, they became husband and wife... there was a marriage of their understandings about personality. He brought the energetic aspects to The Guide teachings, so there was a marriage of the conceptual and the energetic.

BZ: You are a teacher of the Pathwork?

O'Donnell: Yes.

BZ: You serve on an international board of the Path?

O'Donnell: I teach in the Pathwork programs here in Michigan and in California, Pennsylvania and New York, and will be teaching in South America. I also serve on the international governing body.

BZ: Are a lot of people interested in the Pathwork around the country? Are we talking about a number in the thousands of people?

O'Donnell: Yes, we could say thousands. The Pathwork, for many years, was a very well-kept secret. But we as a community decided maybe five years ago, maybe a little longer, that it was time for the word to get out. So we decided to publish the lectures in book form and, as a result of publishing these lectures on themes, as you know from your bookstore, word has gotten out and we're getting tremendous response, not only in this country, but all over the world, to these teachings. There are not enough teachers at this point to deliver to as many people as want to study the teachings.

I want to talk about a specific aspect of the Pathwork that I've been studying lately. It's called by some the path within the Path. It's the teachings that have to do with sexuality. This is what I find most exciting in my life right now, what I feel most passionate about. There's a particular teacher of the Pathwork named Sage Walker, in Toronto, who's making it her life's work to articulate and bring forward these teachings about sexuality. Why it's so exciting to me is because sexuality is a powerful lens through which to understand our soul's journey. Sexuality brings to the fore, in a very concentrated way, all the teachings of the Pathwork. Sexuality is where the rubber meets the road. It's the aspect of our work that spiritualizes the body and materializes the spirit.

A vital aspect of these teachings is to understand the symbolic nature of our sexual expression. The Pathwork Guide says that because our sexual energy is so powerful, whether expressed or repressed, it magnetizes to it all attitudes and feelings, no matter how apparently insignificant, that exist in the human personality. So, if you look at the lens of sexuality and what it attracts to it, if we study sexuality, if we look at our actual sexual lives, it will tell us everything we need to know about our psychology and it will tell us everything we need to know to get back to God.

Our sexuality reveals where we are immature and wounded. It also reveals our highest possibilities. The aim of the Pathwork is to find the reality of God as immediate presence. To work with sexuality with such a focus, as the Pathwork offers, has the potential to accelerate our self-development and purification.

A major part of this work is to bring out what is hidden and that's working with sexual fantasies, working with sexual autobiography because what is hidden can't be transformed and so we have to bring it to the light of consciousness. These deeper aspects, these baser aspects of ourselves are neither indulged, nor are they repressed. That's really the trick of working with sexuality. It's not either to indulge them or to repress them, but to use them as spiritual practice.

BZ: Interesting. You've been very involved in the last couple years in the formation of an organization in Ann Arbor called...

O'Donnell: COLAGE.

BZ: ... COLAGE, which is an organization designed, as I understand it, to provide services for older gay and lesbians. Obviously, many older gay and lesbians have had to deal with a tremendous amount of oppression throughout most of their lives. How is that going, that organization?

O'Donnell: It's moving slowly. It's a volunteer group. There doesn't seem to be as much interest as I would hope in the gay community amongst the

The Crazy Wisdom Interview with Brian O'Donnell

(continued from page 19)

younger people. I think aging is a difficult aspect for younger gay men and lesbians to look at. So many people like to look the other way.

We have a dedicated group of people that are really working to create this organization. COLAGE stands for Coalition of Older Lesbian and Gay Endeavors. We want to provide a range of services, from driving people to their doctors, to providing workshops, to providing friendly visitor programs and consultation to nursing homes and senior agencies about the needs and rights of gay and lesbian seniors. It's a difficult thing to get off the ground because we all are working full-time doing other things.

The main idea is to expand the tent of the gay community to include elder gays and lesbians and to provide a sense of family where there may not be a sense of family because, as you know, many gay and lesbians do not have children. So we need to be the family for them as they age.

The benefits of younger gay and lesbians working with older gay and lesbians is they get a sense of the history of their family, of what it was like to be a gay or lesbian in Ann Arbor in 1930. It's a powerful teaching to them about what their pioneering elders had to go through to create the world in which they're living today. It's an opportunity to serve for both constituencies.

BZ: Younger gay and lesbians in Ann Arbor would not have much understanding, really, of how different the world was.

O'Donnell: Yeah, it's true.

BZ: Twenty, thirty, forty.

O'Donnell: Even ten years ago.

BZ: Do you specialize in working with the gay population?

O'Donnell: No. About half my client population is gay and lesbian.

BZ: Are there other therapists in town who specialize, or, like you, have a significant part of their client population being gay and lesbian.

O'Donnell: Yes, I think it's a growing population of therapists that are targeting the gay and lesbian.

BZ: When you started twenty years ago, were you one of the only ones who was working with young people to frame their coming out in a positive way?

O'Donnell: I think when I started in Ann Arbor twenty-one years ago, there were only a handful of therapists that were working, that were out, or were framing a practice in an affirmative way.

BZ: Nowadays, when you have a young person come in who's eighteen or twenty or twenty-one, who's a young gay man, does that tend to be something that is much easier for them to accept?

O'Donnell: Yes.

BZ: So sometimes they may be coming in just for therapy.

O'Donnell: They're not coming in necessarily to deal with coming out issues. They're coming in to deal with relationship issues, or depression, or anxiety like everybody else does.

BZ: Who were some of the teachers who have been an influence on you in recent years in terms of analytical work and object relations?

O'Donnell: The person that I find the most helpful is a man named Steven Johnson because he combines bioenergetic theories of development with analytic and object relations theories of development in a really elegant blend.



BZ: Has he written anything that we might have in the store?

O'Donnell: He's written four books I know of: Characterological Transformation, Humanizing the Narcissistic Style, Symbiotic Character and Character Styles.

BZ: Another author that you've spoken highly of a number of times is Richard Moss. For a few years, we even had a small section at the store for his books based on his importance as writer in the area of transpersonal psychology. What was his contribution to your thinking?

O'Donnell: He's still an ongoing contributor to my development. He has a fine appreciation for psychology. He is a western-trained physician who had an awakening experience. I believe he writes very eloquently about states of consciousness, those realms beyond the ego. Since he's a western-trained scientist, he can integrate the scientific and the mystical realities. He's also a poet—he writes poetically.

BZ: Nice combination.

O'Donnell: It's a very nice combination, to bring all those voices together. And he's still writing, he's still forming. Every time a book comes out, I eat it like candy.

BZ: You liked Robert Augustus Masters, or one of his two books.

O'Donnell: Yes, The Way of the Lover. It's an exquisite book about meeting the fire of transformation, about dying to our everyday self. He's also a poet and he writes about the transformational journey in an exquisite way. He has a fierceness to him that I found in Werner Erhard, that can cut through the dross and the illusions that we carry. They both carry a sword, a fiery sword. I know they don't speak to everybody because some people find that fiery sword burns them. They find it obnoxious, or they find it too harsh. But I thrive on it. I like the fierceness.

BZ: What has been your favorite book of the last year in the area of spirituality and psychology?

O'Donnell: The book that comes to mind that I've read in the last year and that I'm still reading is called The Second Miracle by Richard Moss.

BZ: Okay, what else?

O'Donnell: Healing the Split by John Nelson, where he integrates transpersonal psychology with western medical understandings of the psychotic process. Again, another western scientist, a western psychiatrist understanding the western mystical and eastern mystical traditions and bringing them together.

BZ: Have you read Hands of Light or any of the works of Barbara Brennan—energy healing work?

O'Donnell: I have not read her complete works. I've read some of her work. I studied with Barbara when she was developing the material in New York because she was, and maybe she would still define herself as, a Pathworker. When she was organizing materials, she would teach us—those people who were studying Pathwork in those days—what she was developing. So I had firsthand experience with her teachings, but I haven't read her books. There's also another teacher that comes out of the Pathwork that I find a wonderful teacher and his name is Emmanuel. The woman that channels Emmanuel, Pat Rodegast, is a Pathwork helper.

BZ: I didn't know that about Emmanuel.

Several years ago, you were involved in trying to create television or media programs for the mainstream that would expose people to the ideas of the human potential movement. As you look at it now, do you think that the mainstream culture has become increasingly exposed to alternative ideas or that it is still very much kind of out there, sort of on the fringe?

O'Donnell: No. When I look at Bill Moyers and the series he does for PBS, I see that he's bringing together these ideas and these teachers that we had envisioned ten, twelve years ago. The series that he did on healing, the series that he did with Joseph Campbell, the series he did with Huston Smith are exactly what we had envisioned—to bring these people who are articulating these ideas and integrating with western and eastern ideas, religious traditions, spiritual and mystical traditions, is happening.

It's also happening in Hollywood. I feel like many of the movies that are coming out—even many years ago, from the movie Resurrection, which was about ten years ago, to movies that are being put out today—are incorporating the mystical ideas, the perennial philosophy.

BZ: Who else have you studied with, Brian, over the years?

O'Donnell: I studied with Jean Houston.

BZ: Interesting. I thought that what happened in the mass media around Hilary Clinton and Jean Houston this past Summer was so ridiculous and so sad. It said so much about how our culture reduces. I think she's a fascinating and brilliant woman.

O'Donnell: Yes, she's a genius. She's also a choreographer of energies. She's an excellent storyteller—that's not the right word, "excellent"—she's spellbinding. Her gift is to tell stories and to transmit her ideas through stories. One of the things I love about her is that her father was a joke writer for Bob Hope.

BZ: Who else?

O'Donnell: I also had the opportunity to spend a little time with Elizabeth Kubler Ross.

BZ: I didn't know that.

O'Donnell: I found her one of the most compelling, present people that I've ever had the experience to be with. I've also spent time with Ram Dass.

BZ: Oh, yes! You know I forgot that you had spent time with Ram Dass over the years.

O'Donnell: Yes. He has been one of my teachers ever since I began my journey and I felt like he became a friend at a certain point on my journey. It was wonderful to meet somebody and realize that it wasn't just words, that my experience of him was that he embodied what he taught, that he was very human and that he also had access to larger dimensions of reality.

BZ: We used to get to see him in Ann Arbor, occasionally, when he was involved with the Seva Foundation, which he probably still is, but which is now no longer located in Chelsea.

O'Donnell: Right. People didn't know that he was in town a lot.

BZ: But he was?

O'Donnell: Yeah. He would come through for board meetings and to meet with Larry Brilliant. He was also involved in the television project. He became a partner with us in this project.

BZ: Human Horizons?

O'Donnell: Human Horizons, yes.

BZ: So, in a sense, Human Horizons really was ahead of its time in terms of trying to bring these ideas to a broader audience.

BZ: You did some interesting Native American work years ago.

O'Donnell: I studied the Kadoshka teachings about spirituality and the integration of spirituality and sexuality.

BZ: Yeah. Sexuality and spirituality has been something you, in a sense, have been working with for a long time. I see a book on your shelf here called *The Sexual Relations of Mankind*.

O'Donnell: That was the topic of my dissertation.

BZ: I see.

O'Donnell: And it's also been the main focus of my work on myself. I feel like I've been wounded sexually, and so part of my healing journey is to reclaim the full capacity of my sexuality and then merge it with the wonderful gift of my spirituality. Essentially, they're the same force. That's what I'm learning. But, they've been very bifurcated in my experience.



"My prayer is very noisy... I cry a lot, I rage a lot, I tremble a lot with fear. I dance with delight. It's a very dynamic form of prayer and meditation."

BZ: In another generation, I think you might very well have become a priest or monk

O'Donnell: Yes. Well, I feel like I am a priest, in the best sense of the word—that my work is about speaking to people about the possibilities of the spiritual life. Yes.

BZ: I've often been struck with how much you integrate daily spiritual practice—prayer and meditation—into your rather modern existence. You know, between your practice and flying away to do teachings and enjoying movies and American culture and sports, you also find time to pray and to meditate and to write in a journal.

O'Donnell: I do think prayer and meditation are healing forces. But the prayer and meditation that I practice is very different than, I think, conventional prayer. The Path teaches a very specific form of prayer and meditation. Another word I use for prayer and meditation is conscious creation.

BZ: Conscious creation?

O'Donnell: Conscious creation, because my belief and the Path belief is that we're constantly creating, mostly unconsciously, our life experience. Prayer is that aspect of our lives, our spiritual practice that allows us to consciously create our experiences, our life, our circumstances, the occurrences of our life.

Path prayer and meditation is a very active form of self examination using the conscious mind to explore the unconscious—to make it conscious. Then, at a certain point in prayer, we need to let go to the larger mind and then become receptive to the larger mind. There's a kind of nice rhythm between the active and the receptive. At certain points, the conscious mind needs to be active and issue a certain kind of request for help.

Most of my prayer is really around where I'm out of alignment with purpose—my divine purpose. That's often indicated to me by suffering—where am I in suffering? I rarely pray in the form of petition prayer. It's not a form of prayer that I do much. I do a little, but mostly I pray to heal where I'm violating God's will.

BZ: How do you know when you're violating God's will?

O'Donnell: Because there's suffering.

BZ: Your own?

O'Donnell: My own and other people's. If, people are suffering as a result of me, if I hurt somebody, I know I must be violating God's will. My prayer is very noisy. It's hard for me to meditate and pray in groups because I go into a lot of feeling. I cry a lot, I rage a lot, I tremble a lot with fear. I dance with delight. It's a very dynamic form of prayer and meditation.

BZ: You don't just sit at the edge of your bed like Timmy?

O'Donnell: Timmy?

BZ: In Lassie.

O'Donnell: (Chuckles) I'm both Timmy and Lassie. I try to allow for the expression of the animal and the angelic in my prayer. Actually, when I start my prayer, I usually take about ten or fifteen minutes of calming and stilling myself. But that's only a preliminary phase of my prayer life. Then I go into the more active forms of self searching... it's like giving myself a session. My prayer life is like giving myself a session.

BZ: So if you're raging, are you stomping around the house?

O'Donnell: Yes, I could be stomping around the house or sobbing or on my back on the floor.

BZ: And consciously creating the prayer as you go?

O'Donnell: Yes, and also, at the same time, being led, being receptive to what spirit tells me I need to move into. It's usually those aspects of my being that are tight, that are held, that don't want to let the life force move through them.

BZ: How do you bring some balance to your rather serious sense of purpose and work?

O'Donnell: I love to watch MTV and Regis and Kathie Lee! I'm addicted to magazines of all kinds, from trashy to esoteric. I'm passionate about athletics and try to spend time each day playing or working out.

BZ: You're still a relatively young man and you've really developed a lot of experience and wisdom in your practice and in your work. Do you see yourself continuing to work with people and work as a therapist over the next twenty years?

O'Donnell: I hope so. I hope I'm always working with people. I don't see myself retiring. I see my life being a combination of teaching and working with people, one-on-one or in groups.

BZ: You received a social work graduate degree here at the University of Michigan?

O'Donnell: Yes.

BZ: And then, later?

O'Donnell: A Ph.D. in transpersonal psychology at Columbia Pacific University in California.

BZ: What was your dissertation on?

O'Donnell: My dissertation was called "Eros and the Search for Transcendence". It is an exploration of people who are on an intended spiritual path and their experience of their sexuality during their spiritual journey.

BZ: Interesting.

O'Donnell: Yeah.

BZ: Thank you, Brian.

O'Donnell: Thank you, Bill. It was a pleasure.

Turning on the Light — A Recollection of My Years in Psychotherapy with Dr. William Gerler

By Bill Zirinsky

On the bookshelves at Crazy Wisdom Bookstore, you can find scores of books on death, dying, grief and loss. Books about losing one's mother, father, child, spouse, sibling, mistress, guru, or one's dog. But we've yet to carry a book on losing one's therapist.

This Crazy Wisdom Calendar is full of the workshops and classes of therapists of one sort or another. Our entire bookstore is about personal and spiritual growth, about being mentored or guided towards a more satisfying and meaningful life, or finding one's own way to an awake and tender attitude towards life.

So I thought I might use this space this issue to write about the death a few weeks ago of my psychotherapist, William Gerler, Ph.D., a former professor of clinical psychology here at the University of Michigan. I started seeing Dr. Gerler when I was nearing my 19th birthday, and I saw him for the last time in a session a month ago. This week I turned 43! How lucky I was, how fortunate, to be able to have had such an enduring and interesting and rich relationship for twenty four years with a man as kind, caring, good-natured, constant and intellectually versatile as Bill Gerler.

God only knows that many people would have no interest in sitting down, week after week after week, and talking about one's own life. Not to mention that most people couldn't afford to, even if they wanted to. But Bill Gerler and I had a dialogue going which I found irresistible. I brought in my New York, pessimistic, somewhat hostile, unsteady world view to do battle with his sunny, constructive, kindly stance. Of course, what client really knows what one's therapist is like outside of his/her office, but Gerler's professional demeanor was as steady and decent and positive and helpful as could be, and, more often than not, his outlook on life got through to me.

From the beginning, Bill Gerler reminded me of my grandfather, Sam Gelsey. They were both short and agile, and they bore a certain unmistakable physical resemblance. Gerler, like Gelsey, was a kind man and a gentleman, and he often had a twinkle in his eye. I was looking for plenty of fathering when I was nineteen, and I suppose the transference just clicked. I liked, too, the fact that Bill Gerler had a very slight German accent, that he was a Holocaust survivor, that he was an older, established Jewish academic émigré in a midwestern town which was still new to me, then.

Back then my hair was down to my shoulders, and I was wonderfully immersed in the Ann Arbor alternative culture of the early 1970's. It was the era of the Indian Summer natural foods restaurant and Ann Arbor's home-grown Rainbow People's Party. In that first year, going to see Bill Gerler at his office in his suburban home was a weekly sojourn *away* from the exhilarating confusions of being an Ann Arbor college student in that era, and a brief window into the more stable world of our fathers.

But of course, the relationship was more than sociological. In Bill Gerler, I found a man who listened deeply, who helped me weave together the threads of my own life into a comprehensible story, who beautifully analyzed the dreams I had, both the sleeping and the waking ones.

After that first year, I left therapy with Bill Gerler and went off to a Gestalt institute in Italy, wanting a quicker solution to the problems of my late adolescence. I had read The Primal Scream, which was a much sought after book among my college friends in 1972, and I wanted a "cure," plain and simple. Set in a magnificent and romantic location on the Mediterranean coast south of Naples, it was therapy to die for. I spent three months there, working on myself and being trained as a gestalt therapist. During that time I learned about distinguishing



**WILLIAM
GERLER,
1924-1996**

"Bill Gerler and I had a dialogue going which I found irresistible."

between feelings and thoughts, and I became a more attuned listener. I also reawakened my ability to cry, a useful skill for a then-young man to re-possess, since it made me more capable of vulnerability and intimacy. The institute did a great job of training young therapists and many of the Ann Arborites who came back from there went on to establish or enhance well-respected practices in Ann Arbor.

After a few years, I found myself missing, deeply, the dialogue I had thrived on with Bill Gerler. I had finished college, finished working in the 1976 Carter campaign, finished living in a yoga community, and didn't really want to live anywhere but Ann Arbor. I was in my mid-20's and faced with making real life choices. I returned to Bill Gerler in 1978, resigned to my own realization that Gestalt, the existential therapy of choice in the 1970's, was no substitute for a good old-fashioned, Rogerian therapeutic dialogue.

"Gerler heard it all, and he responded with skill, grace, kindness and humor."

And from that point on, until two months ago, I saw Bill Gerler regularly. I lived in New York City for a few years, but even then I kept in touch with him. Never again, after 1978, was I willing to forego the conversations which I treasured. When I had first started seeing Bill Gerler, we had consumed a good deal of time talking about my first lengthy love affair, with a quiet and highly intelligent girl who I cared about deeply. Now, years later, Gerler talked me through my second significant love affair, with a winning and rambunctious young woman who was making her way through medical school while we were together.

And he kept me going in other ways as well, encouraging me in my career as an alternative journalist and editor. And helping me cope with my exceedingly neurotic and always contentious New York family. Dr. Gerler understood, always, how much suffering there was in my family, and though we could laugh together at some of my family's excesses, he was forever reminding me of myself, of my familial roots, of my earliest feelings. As Kenzaburo Oe wrote in A Healing Family. "In what way are you suffering?" was always the question. It was a question Dr. Gerler never asked, but always it was there, always felt by me as at the core of his commitment to our work together.

As the years went on, I grew. I found my 'beshert' — intended one. Gerler encouraged me in this relationship, recognizing, some time ahead of me, what a peach I had found in Ruth, (now my wife), or maybe he was just relieved that, finally, someone would have me. I wanted the rewards of a committed and satisfying marriage, but I was very reluctant to give up my perceived independence. The ingredients of intimacy never ceased to be a subject of our conversations. I forever wrestled with my own feelings, and Gerler was always the superb referee.

Over these many years, Bill Gerler and I talked about so many things, in detail. About my parents, sisters, brother, grandparents; about running a business, working with people, taking risks; about my girlfriends, and later my wife, and my good friends; about buying a house, impending fatherhood, the challenges my son will face; about my medical concerns, exercise and living healthily; about my dreams, hopes and fears, my desires and my anger, my sorrows and my pleasures. Gerler heard it all, and he responded with skill, grace, kindness and humor.

We talked many, many times about "marching to a different drummer," and how you can't dance at two weddings at the same time. Sometimes, when I was waist-deep in negativity, Gerler would say to me, "Bill you can sit in the dark or get up and turn on the light". Small concepts, perhaps, to some, but not to me. We even spent a fair amount of time in recent years talking about the stock market, as our running conversation slowly lifted off from the strictly therapeutic boundaries of its early years.

When I finally got married four years ago, I loved having Dr. Gerler at my wedding. He, too, relished the opportunity to mingle with my family and my friends. He had heard about them for so long, and all my friends had heard for years about "Dr. Gerler". It was a joke among my friends, my relationship with Gerler, such an aberration to have a two-decades-long therapy relationship. Only Woody Allen had been in therapy for as long, as far as I knew, and that doesn't say much for multi-decade therapies. Still, my friends, I think, had a certain respect for the deep regard I had for Dr. Gerler and for our non-terminating relationship. (Though one good male friend of mine has been very proud of late that *he* was terminating soon with his therapist after only six years, so why couldn't I cut the cord?)

"I loved having Dr. Gerler at my wedding. He, too, relished the opportunity to mingle with my family and my friends. He had heard about them for so long, and all my friends had heard for years about "Dr. Gerler". It was such an aberration to have a two-decades-long therapy relationship. Only Woody Allen had been in therapy for as long, as far as I knew, and that doesn't say much for multi-decade therapies."

So, it was with a mixture of mild apprehension and some equally mild relief that Dr. Gerler told me he was retiring about six months ago. He would be terminating with all his clients, though he added that he would still be happy to see me "as needed" when he returned from wintertimes in Fort Myers, Florida. As the day drew closer for our ending session, neither of us seemed compelled to dwell on it. We had been through too much together to think we were really "ending." I had "ended" twice before, first in 1973, and then in 1983 when I moved to New York, only to return to the relationship when I returned to Ann Arbor. There was a sense, or at least I had the sense, that we would continue on, at least in some capacity, as we had been therapist and therapee for an awfully long time. I looked forward to knowing Dr. Gerler as he grew older. He was only 71, and I was counting on him lasting another ten or fifteen years.

A few weeks before his retirement, and his wintertime move to Florida, I asked Dr. Gerler if he would like to come over and see my two and a half year old son, Sam, who he had met once before, when Sam was six months old. He said he wanted to see Sam very much, and that he and his wife, Ruth, would come over and see Sam, my wife and me sometime before his departure date. As it got close, I sensed that Dr. Gerler was overdoing things in his zest to tie up loose ends before leaving town. I told him that I knew he was very busy packing and arranging to be away for six months, and suggested to him that he could come over and see Sam when he came back to Ann Arbor in April. He would have none of that. He said he very much wanted to drop by with Mrs. Gerler. And so he did, on football Saturday on October 19th. They stayed for forty or so minutes. I was happy to

As Kenzaburo Oe wrote in *A Healing Family*, "In what way are you suffering?" was always the question. It was a question Dr. Gerler never asked, but always it was there, always felt by me as at the core of his commitment to our work together.

be entertaining my therapist and his wife in my home, for tea and cookies. And we talked about their impending trip, and about my little Sam. As he left, Dr. Gerler asked to hold Sam. And he did.

I saw Bill Gerler for one final uneventful therapy session on October 22nd. He gave me his number in Florida, and I arranged to see him when he was to return to Ann Arbor for a few days of business in mid-November. (Some termination.)

Dr. Gerler was as excited as a schoolboy to be retiring to Florida. He and his wife had bought a condo there, and they were driving down to Florida like newlyweds, with nary a stitch of furniture at their new digs. He told me he wasn't in the slightest bit concerned about what he'd do with himself without his therapy practice, and his consulting to the Courts. (He'd retired from the University a few years back.) He would garden, and read, and follow the stock market closely, and pursue his intellectual passions and interests. He was always a man who savored life, savored his family, savored his work, savored his interests.

On the day he arrived in Florida he didn't feel well. Ten days later he went into the hospital with pneumonia. His underlying pulmonary fibrosis, (which he *might* have *lived* with for many years,) caused his pneumonia to be a grave illness. Nine days later he died, having enjoyed not one single full, sunny day of retirement.

I guess I would say I regret that I didn't get to see Dr. Gerler grow into an old man. And that I didn't ask him enough questions about his youth, or his time in the Dutch underground during the Second World War. Or about what it's like to get to be seventy and face one's waning years. Mostly I wish I had gotten to say good-bye. And thank you.

But, really, there is no unfinished business between Dr. William Gerler and myself. I visited him in his therapy office from the time I was a bit older than a boy. Always the exact same room in the front of his home. I looked out from the window of his office onto his front lawn, and from there, onto the world. As the years went by, the world has come to seem more manageable, more benign, more wondrous, more delicious. Often, the smell of Ruth Gerler's cooking wafted into the room. Sometimes, he was awfully eager to go into dinner at the end of a long day of sitting and listening to garden-variety neurotics like myself. But always he politely held his office door for me, and then saw me to his front door. And then it was "Good-bye, Billy" and he was off to pet his dog and have his dinner.

Now I am married to the right woman. And I love my son. And I like my house, which is my home. And my business, Crazy Wisdom Bookstore. Just two weeks ago, my New York family came out here, sister, brother, sister-in-law, niece, nephew, and mother, and stayed in our home for the first time since I came to college here twenty five years ago.

No, I really don't have any unfinished business with Dr. William Gerler. Just pleasure in our association.

☆☆☆☆

Growth as a Daily Meditation

By Jonathan Ellis

Most of us would like to remember more often that we are spiritual beings. One way is to use the six letters in the word GROWTH as a daily meditation.

Each of the letters corresponds to a spiritual idea. When you wake up in the morning, or at some other convenient time, think of the word GROWTH and use the letters, one by one.

Here is the key phrase connected with each letter:

G - I am growing.

R - I renew.

O - I am opening.

W - I am whole.

T - I trust.

H - I am in harmony.

There are more complicated ways to keep a spiritual focus but the value of this one is its simplicity. When you spend a few minutes daily with these six ideas, you will see the healing and peace building in your life. If you happen to forget one day, simply pick up the GROWTH meditation again when you can.

These are the thoughts that come to my mind as I use the GROWTH meditation.

Growing. It seems funny but it's easy to forget that we are alive. By alive I mean we are growing. Like all things that are alive, growing is the essence of our nature. We will be different today than we were yesterday.

Growth does not mean getting bigger but it does involve change. Affirming our dynamic nature is a wonderful way to start the day. We don't expect things to be the same because we are growing. This is a good first step toward non-attachment.

Renewing. When we have breakfast one day, we are not led to think that we need not eat the next morning. Spiritual awareness is also not something that we do once and forever.

This is a daily meditation because we want to continually renew our awareness that we are a spirit. We continually renew.

Opening. Most of us have heard the phrase, "Let go and let God." This can bring to mind the image of hanging on a rope over a great abyss, and we let gooooo... and hopefully God catches us before we smash on the rocks below.

A gentler idea of letting go is to think about opening. Hold out your hand with your fist closed. Now open all your fingers until your palm is flat up. This is opening. We are opening to the Great Spirit. We can accept our oneness with our source.

Now if this is beginning to sound too easy, you can try using the GROWTH meditation while standing on one leg. I prefer an easier posture.

The next letter stands for **Wholeness.** This is the idea that as spiritual beings, we are already whole and complete. The purpose of life is to express our wholeness and completeness.

We can sometimes have the feeling that we are fundamentally incomplete, spiritually incomplete. We better get right with God or we are in big trouble. This is one of the ego's craftiest tricks. It takes our time that we could otherwise use to love.

Trust. Here the idea is not that everything will be as easy as this meditation. Trust is a decision not an assessment. It is an attitude with which we approach life.

When we are not attached to any form, trust naturally flows. We relax into trust.

Harmony. We can choose to work for the highest good of all. We can add our authentic note to the divine harmony.

The greatest obstacle to using the six letter GROWTH meditation may be that it is too basic, even too pleasant. In twenty-five years as a spiritual counselor, I've come across many ways to express our spiritual nature. I designed the daily GROWTH meditation so it could be used by almost anyone. It's easy because our true nature is spiritual.



CRAZY WISDOM BOOKSTORE

206 north fourth avenue, ann arbor, michigan
(between ann & catherine streets)
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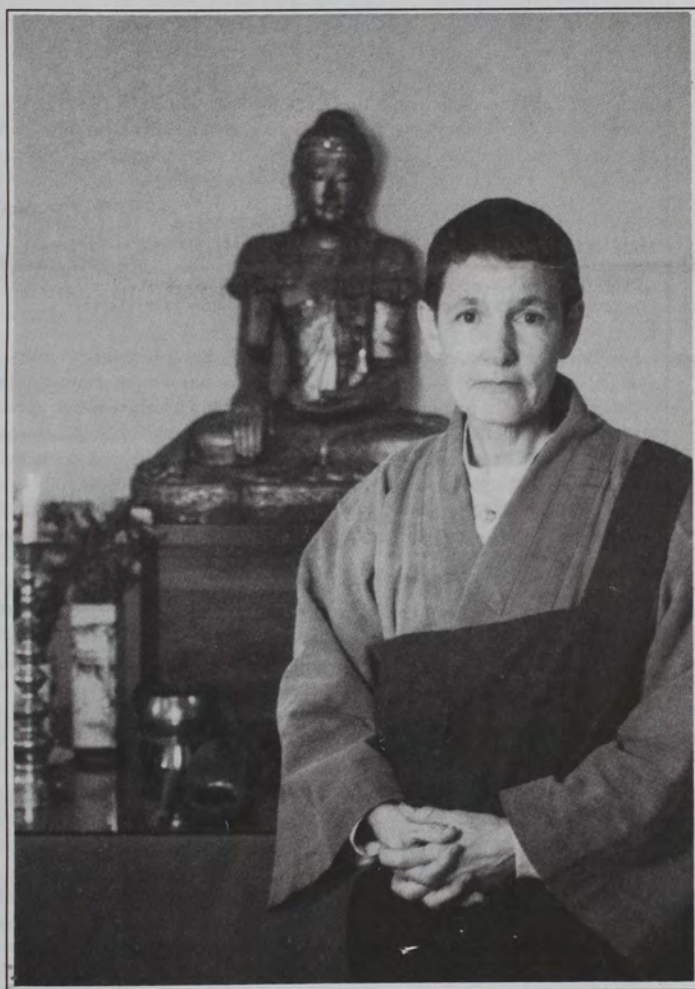
THE CRAZY WISDOM CALENDAR

Issue No. 6

A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

MAY THROUGH AUGUST 1997

~ The Crazy Wisdom Interview ~
A Visit with Zen Priest Sukha Murray



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*spiritual development · music · t'ai chi · yoga
meditation · herbs · womenspirit · bodywork
personal growth & creativity
and much more*

WE'RE INTERESTED IN YOUR STORIES OF "SPONTANEOUS HEALING"

The Crazy Wisdom Calendar is interested in publishing a selection of our readers' stories about what Dr. Andrew Weil calls "spontaneous healing". That is, stories about facing medical crises and challenges, and how you healed. Many of the stories cited in Weil's books, *Spontaneous Healing*, and *Eight Weeks to Optimal Health*, are simply stories of individuals taking charge of their own health by using herbs, proper nutrition, acupuncture, craniosacral work, macrobiotics, bodywork, meditation, visualization, vitamin supplements, exercise, and attitudinal adjustments to confound allopathic prognoses. Not really 'miracles' at all, but rather examples of the body's innate ability to heal itself. Contact Bill Zirinsky at the store if you're intrigued by this idea of telling your story of healing. Or take a look at one of Weil's books to get an idea of what we're trying to piece together.

TREASURES OF THE UNICORN WORKSHOP

WITH TED ANDREWS

There is still a place where enchantment lives

Where streams sing and winds whisper—

Where caverns lead to the nether realms...

Where trees speak and the flowers tell tales—

Where Unicorns dance in the morning dew!

WEDNESDAY, MAY 7TH—7:00 TO 9:30PM

Kerrytown Concert House

\$25.00 per person

Tickets may be purchased in advance at Crazy Wisdom Bookstore

206 N. Fourth Ave, Ann Arbor.

Author Ted Andrews will explore the wonder, magic and power of the unicorn. This workshop will examine the reality of the Faerie Realm and one of its most magical creatures — the Unicorn. Participants will learn how to tap the dynamic healing energy of the alicorn and open to higher clairvoyance. Workshop concludes with a dynamic exercise: "Sacred Quest of the Unicorn" to open new doors to your own spiritual quest. Ted Andrews is the author of *Treasures of the Unicorn*, *Animal-Speak*, and *The Enchantment of the Faerie Realm*, as well as books on ritual magic, angels, and auras. For more information, contact Carol Karr at Crazy Wisdom Bookstore. 313-665-2757.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

About The Calligraphy on the Cover

The calligraphy on the cover comes, with thanks, from the book, *Zen Word Zen Calligraphy*, text by Eido Tai Shimano and calligraphy by Kogetsu Tani. The book is published by Shambhala, and is available in the Zen section at Crazy Wisdom Bookstore. This "visual koan" is called "A Circle." The description offered in the book is: "When the Zen masters are asked to express something that is inexpressible, they often draw a circle, not necessarily a perfect round circle, like one made with a compass — as a matter of fact, quite often the circles are imperfect. Sometimes a short saying is added, like, "Have a cup of tea with a round cake," or "No birth, no death." Whichever the case, the essence of this circle is the expression of sunyata, nothing superfluous, nothing lacking."

The Crazy Wisdom Calendar is published seasonally by Crazy Wisdom, Inc. Copyright © Crazy Wisdom, Inc.—April 1997. No parts of this publication may be reproduced for any reason without the express written approval of the publisher. Crazy Wisdom Bookstore was founded in 1982 by Aura Glaser. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, and our son, Sam Zirinsky.

This issue of *The Crazy Wisdom Calendar* was organized and edited by Bill Zirinsky. Calendar inputting: Sarah Newland. Photographs by Linda Lawson. Layout and Design: Molly Nuzzo. Cover design: Heather Graham. Editorial Assistance: Molly Nuzzo. Transcribing of interview: Abbie Stahlin.

The quotes used in the calendar section were mostly found in the following books: *Sunbeams* by Sy Safransky; *A Dancing Star* by Eileen Campbell; *Mamatoto: A Celebration of Birth* by Carroll Dunham; and *The Book of Qualities* by J. Ruth Gendler. All of these books are available at Crazy Wisdom. The quotes were selected by Ruth Schekter and Jonathan Ellis.

Special thanks to Sarah Newland for her exceptional help with this issue.

Notes and Comments

Spring has arrived in Ann Arbor, and with it, the sixth edition of *The Crazy Wisdom Calendar*. The last issue brought *The Calendar* to a new stage of development, because it included a more professionally designed cover, and photographs of practitioners accompanying the calendar text. Now, we have reached another milestone. This issue was designed on an Adobe Pagemaker program. Now that it's done, I can't believe we did the first five issues "the old-fashioned way." That is, those five issues were laid out on a light-table, using a waxer and lay-out sheets, and using an exacto-knife to cut-and-paste. Thank God for modern times. It took us six years to get a computer for the bookstore, and two years to graduate to creating this publication on a computer program. I guess we're slow when it comes to technological innovation.

This issue features an interview with Sukha Murray, the Resident Priest at Ann Arbor's Zen Buddhist Temple, on Packard. For those of our readers who have never ventured beyond the walls surrounding the temple, this interview will provide a glimpse of the Zen community in Ann Arbor.

For the first time, we have book reviews in *The Calendar*. Sarah Newland has written a review of *The Knitting Sutra*, and in doing so, she reflects on the pleasures of losing yourself while immersed in a craft, or, for that matter, any artistic endeavor. Louis Daher has reviewed the Dalai Lama's book, *Violence and Compassion*, a book which, he says, you do not simply 'read.' Rather "you participate in it as the words speak directly to your heart." We're very pleased to have these first two book reviews, and we welcome book reviewers who can critically assess books of special interest to our readers. We are looking for well-written reviews, not puffery, and we will pay a nominal fee for them.

On page 23 of this issue, you'll find a commentary written by Linda Diane Feldt, which she titled "Selling Your Clients." She is writing about therapists and practitioners who work with their clients and also sell them products. Feldt is currently working on a book about ethics in the bodywork profession, and this essay is an excerpt from the book. We hope Feldt will permit us to publish other excerpts from the book in future issues of *The Calendar*. She is a woman of resoluteness and integrity who has interesting and important things to say about her chosen profession, and we think our readers will find her relevant and provocative. We welcome opposing or complementary points of view. Of course.

Jodi Bordeaux, who has worked at Crazy Wisdom Bookstore for 3½ years, is a doula, a "support person for a new mother." She has written an article for *The Calendar* about the role of a doula, and it's written in a very readable question-and-answer format. We also carry a magazine in the store called *Doula*, though it is only published intermittently. My wife relished the services of a doula for a few weeks after our son was born. As Jodi describes, having a doula to help out can be wonderful, and a real tonic, during the first weeks after a new life has come into a family. In an age where extended families are hundreds of miles away, doulas are much needed.

We'd love to publish non-fiction essays and personal commentaries. If you have something to say about your life, or about the challenges and joys of daily living, we'd love to read it, and, perhaps, to publish it. Did you have an interesting set of thoughts the other day while walking your dog in Burns Park? Have you raised a child with special needs and have you something to say about that? Are you an osteopath or herbalist or psychotherapist, and what can you tell us about working with people, or about healing people? Have you faced challenges which changed your life, altered your perception of why you're here, and what to do with your life? Have you got just a few things you'd like to say, but an interesting and ironic way of saying them? Let us be a forum for your views and your thoughts.

Since 1982, Crazy Wisdom has served as a center of information in the subjects of wholistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The deadline for calendar submissions for the September—December issue is Wednesday, July 23, 1997, and the issue will be published and distributed locally during the week of August 25th. The Calendar is available at our bookstore as well as at more than fifteen other locations around Ann Arbor. Our phone number is 313-665-2757, and we're located at 206 N. Fourth Avenue, Ann Arbor, Michigan 48104.

The Crazy Wisdom Calendar

Animal Spirit

Treasures of the Unicorn with Ted Andrews at the Kerrytown Concert House • Wednesday, May 7, 7-9 PM • Author Ted Andrews will explore the wonder, magic, and power of the unicorn. This workshop will examine the reality of the Faerie Realm and one of its most magical creatures - the unicorn. Ted Andrews is the author of *Treasures of the Unicorn* as well as a number of other books. Cost is \$25.00 in advance at Crazy Wisdom Bookstore or at the door. Call 313-665-2757

Holistic Healing for Animals with Betsy Adams • May 18, 25, 31; June 8, 15, 29; July 12, 13, 19, 27; August 9, 16, 17, 24, 1-5 PM • Sessions include introduction to holistic healing for animals, the animal-human energy bond, vaccine risks and alternatives, nutrition, Reiki, healing and therapeutic touch, behavioral problems, the humane movement, and animal communication. Cost is \$35.00 for 4 hours, multiple class special rates available. Call Betsy Adams at 313-475-4230.

Astrology

Intermediate/Advanced Astrology Classes with Matruka Sherman • Session I: Tuesdays, May 6-June 3, 7:30-9 PM; Session II: Tuesdays, June 17-July 15, 7:30-9 PM • This is an astrology class devoted to deepening self-awareness, self-acceptance, and the ability to make better informed choices by recognizing patterns that impede growth. Topics include transits and progressions. Cost is \$75.00 for five weeks. Call Matruka Sherman at 313-213-7075.

Bodywork

Free Your Body & Enhance Your Day with the Alexander Technique with Alice Greminger • 3-week sessions on Thursdays, May 1-June 5, June 12-July 17, July 24-August 28, 7:30-9:30 PM • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining the freedom of movement, balance, and support we all knew as children. Activities as varied as walking, computer work, performing, and injury recovery and prevention all benefit from Alexander study. Emotions and creativity are often freed and integrated. Cost is \$125.00 per 3-week session. Call Alice Greminger at 313-665-0849.

Back Into Action: The Feldenkrais Method for Moving Smarter with Nancy Denenberg • Mondays, May 5-June 16, 7-8:15 PM • You will learn movement patterns to prevent back aches and injury. Through gentle movement and body awareness, you will discover comfortable, easy ways to complete everyday activities. Cost is \$65 and includes six instructional booklets. Call Nancy Denenberg at 313-761-1514.

CSF: An In-Depth Approach to Working with Vital Fluid with Linda Diane Feldt • Saturday, June 7, 10 AM-5 PM • Join us in a beautiful, watery location for this advanced level workshop on fluid dynamics and how to further your work with Cerebral Spinal Fluid. A day combining theory, trance, intuition, hands-on work, and lots of personal feedback to enhance your practice of Craniosacral Therapy or subtle energy work. Prerequisite: beginning level or higher Craniosacral Therapy or interview with instructor. \$60-100 sliding scale. Register early as space is limited. Call Linda Diane Feldt at 313-662-4902, fax 313-662-5227, e-mail lindadf@aol.com.

Core Strength - Simple Grace with Khita Austin • Tuesday, May 20 or Thursday, July 10, 6:30-8:30 PM • The Pilates-based method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate, and effect change in the body both functionally and aesthetically. One can become strong, supple, and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration, and the opportunity to experience the technique. Cost is free. Ongoing mat classes on Wednesdays, 7:30-8:45 PM at the Friends Fellowship Room. \$7-10 per class. Drop-ins welcome. Call Khita Austin at 313-741-0038.

Freeing the Body of Unwanted and Unneeded Stress with Dr. Rob Koliner at Network Chiropractic Center • 2nd and 4th Monday of each month, 8 PM • Discussions of the relationship between our physical bodies and our spiritual selves focus on the nervous system and spine. These talks provide an introduction to the philosophy of Network Chiropractic and explain how this eclectic network of techniques can assist the release of physical, chemical, and emotional stress. Cost is free. Call Rob Koliner at 313-761-5908.



Matruka Sherman, MSW, has been a professional astrologer since 1973. She also teaches meditation.

An Introduction to Polarity Therapy with John Bodary • June 14-15 or July 11-12, 9 AM-5 PM • Polarity is an energy balancing system initially devised by Dr. Stone. It works from Ayurvedic principles to balance blocked energy. The introduction will focus on basic principles and hands-on methods of assisting and opening the energetic process. Cost is \$100. Call John Bodary at 313-582-5034.

Feldenkrais - Awareness through Movement with Jesse Nichols • Wednesdays, 6:30 PM • You will learn movement patterns that will enhance the way you act. First class is free. Cost is \$9 per session or \$35 for four classes. Call Jesse Nichols at 313-913-1072.

Bioenergetic Exercise Group with Judy Stone through Feeding Your Whole Self (FYWS) • Six-week session begins June 16, 6-7 PM • Bioenergetic exercises involve gentle stretching and movement with attention to breath and sound, designed to restore the free-flowing pulsation of our energetic life force. They promote mind-body integration and awareness, relaxation, increased vitality, and more connection with feeling. No experience is necessary. Loose, comfortable clothing should be worn. Cost is \$50 for six-week session. Call FYWS at 313-994-5549.

Introduction to Massage with Laura Machida through the YMCA • May 10, 10 AM-12 PM • You will learn techniques to reduce stress and fatigue, relieve stiffness and soreness, and increase vitality and self-awareness as you share a massage. We will pair up and then exchange for demonstration and practice. Bring a towel and blanket. Cost is \$20 for YMCA members, \$30 for nonmembers. Call Laura Machida at 313-761-7962.

Belavi Facelift Massage Seminar with Nina Howard • May 16-18, June 28-30, July 26-28 • This course is a dynamic hands-on training for professional health and skin care practitioners, such as massage therapists, bodyworkers, and estheticians. Call Nina Howard for cost at 313-747-8517.

Neuro Emotional Technique (NET) with Glenn Miller • First Tuesday of each month, 6 PM • Awaken and recognize emotional trauma and locate where you store emotions in the body. Release emotions painlessly with the NET protocol through the physical body. Cost is free. Call Glenn Miller at 313-995-2124.

Contract Reflex Analysis (CRA) with Glenn Miller • Second Tuesday of each month, 6 PM • Muscle test the body and locate areas of weakness. Learn how weakness affects the relationship of energy to body organs. Use chiropractic and mega-nutrition to strengthen the body. Cost is free. Call Glenn Miller at 313-995-2124.

Rather light a candle than complain about the darkness.
-- Chinese proverb

The Crazy Wisdom Calendar



Photo by Linda Lawton

Leland and Khita Austin doing some playful bodywork on their son, Mekiah. The Austins are both certified Rolfers, and Khita Austin is also a Pilates instructor.

Myofascial Therapies Levels I and II with Robert King through the Ann Arbor Institute of Massage Therapy • Level I: June 20-22; Level II: July 25-27, 9 AM-5 PM • Learn the patterns of distress to fascia due to injury, chronic holding patterns, and postural dysfunction along with specific myofascial release techniques. Cost is \$325 per session. Call Tracey at 313-677-4430.

Neuromuscular Therapy Levels I, II, and III with James Hackett through the Ann Arbor Institute of Massage Therapy • Level I: June 13-15; Level II: June 27-29; Level III: July 11-13, 9 AM-5 PM • Learn specific anatomy and techniques to treat chronic pain due to injury, postural dysfunction, etc. Learn anatomically precise work, trigger point work, as well as the philosophy of trigger points. Each level builds upon and expands the previous level. Cost is \$325 per session. Call Tracey at 313-677-4430.

Sports Massage Level II with Jocelyn Granger and Jane Anderson through the Ann Arbor Institute of Massage Therapy • May 17-18, 9AM-5 PM • This class covers the maintenance of an athlete, the physiology of an injury, and the injury repair process. Cost is \$225. Call Tracey at 313-677-4430.

Bowen Technique with Milton Albrecht and Pauline Cart • June 5-8, 9 AM-5 PM daily (Saturday class meets 8 AM-4 PM) • This is a unique Australian body balancing technique for everyone. No prerequisite needed. Cost is \$550 plus \$7 for daily lunch. Call Pauline Cart at 313-971-2981.

The Trager Approach: Relaxation Through Bodywork and Movement Reeducation with Villabeth Taylor • May 17, June 21, July 12, August 16, 10:30 AM-12 PM • Trager is a style of bodywork that is very gentle yet works deeply into the neuromuscular system. Through a series of gentle movements, Trager can be remarkably effective in helping the body release tension and pain caused by daily living, injury, illness or poor posture. Each of the four presentations will be different, each covering a different aspect of the Trager form of bodywork. Cost is free. Call Villabeth Taylor at 313-995-8866.

Breath and Healing With Stephen McLean • Wednesdays, May 7-June 11, 8 PM-9:30 PM • A six week participatory experience utilizing the twelve stages of healing. A book and exercises will be used. Contact Nancy McLean at 313-668-6110.

Rolfing - A Gentle Approach with Khita and Leland Austin • Tuesday, May 6 or Tuesday, June 10, 6:30-8:30 PM • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Cost is free. Call Khita or Leland Austin at 313-741-0038.

Buddhist Teaching and Buddhist Meditation

Meditation Course at Jewel Heart • May 4 and 25, June 1 and 29, July 27, August 3, 10:30 AM-12 PM • Concentration meditation, taught according to the Tibetan tradition, is directed at calming and stabilizing the mind with a development of collecting and maintaining focus. With awareness and calm, one can then apply focus accurately with analytical meditation. Cost is by donation. Call 313-994-3387.

Beginning Lam Rim at Jewel Heart • Sunday, May 25 and June 29, 1:30-3:30 PM • Integrating all of Buddha Shakyamuni's teachings into a clear, step-by-step path to enlightenment, the Lam Rim provides the opportunity to meditate and practice these teachings relative to one's own life experience, bringing skill and happiness to cope with all one encounters in daily living. Donation requested. Call 313-994-3387.

Jewel Heart Joyful Summer Retreat with Gelek Rinpoche • August 24-31 • This week-long, summer retreat will focus on the Lam Rim based upon the first Panchen Lama's "Smooth Path" and "Quick Path" texts. The Lam Rim is an integration of all Buddha Shakyamuni's teachings collected in a clear, step-by-step path to enlightenment. Food, lodging, teachings, and activities at Camp Copneconic in Fenton. For cost, call 313-994-3387.

Sunday Services at the Zen Buddhist Temple • Every Sunday • Morning meditation, 9:30-11 AM • consists of two periods of meditation followed by a teaching. Afternoon meditation, 5-6:30 PM, includes one period of meditation, chanting, and a talk and question period. Donation requested. Call 313-761-6520.

Introductory Meditation Course with Sukha Murray at the Zen Buddhist Temple • 5-week session starts May 22 or July 10, Thursdays 6:15-8:30 • This course provides beginners with instruction in meditation postures and mindful breathing and concentration with an emphasis on developing peace of mind. Cost is \$120. Call 313-761-6520.

One-Day Meditation Retreat with Ihsang Laurie Jackson at the Zen Buddhist Temple • June 13-14, Friday 7 PM-Saturday 5 PM • This retreat is structured to accommodate both experienced and inexperienced meditators. It is for those who need silence and solitude for healing and for those who want total absorption in order to improve concentration and gain clarity of mind. Cost is \$50 for members, \$60 for nonmembers. Call 313-761-6520.

What Does Buddhism Offer Generation X? with students of the Zen Buddhist Temple • July 8, 7:30 PM • Lynn Hileman, Amanda Tasse, Adam Wienrich, and Casey Krone present this discussion. This is part of the Summer Lecture Series. Donation of \$5. Call 313-761-6520.

Practicing Buddhism in a Psychiatric Setting with David Mackres and TORYU Carlos Fierro at the Zen Buddhist Temple • July 15, 7:30 PM • This is part of the Summer Lecture Series. Donation of \$5. Call 313-761-6520.

Watching Hair Grow: Buddhism and My Life as a Musician and Engineer with Sam Clark at the Zen Buddhist Temple • July 22, 7:30 PM • This is part of the Summer Lecture Series. Donation of \$5. Call 313-761-6520.

Overnight Introductory Meditation Course with Sukha Murray at the Zen Buddhist Temple • July 25-26, Friday 7 PM-Saturday 4 PM • This course provides beginners with instruction in meditation postures and mindful breathing and concentration with an emphasis on developing peace of mind in a retreat setting. Cost is \$140. Call 313-761-6520.

Annual Buddhist Peace Camp at Friend's Lake sponsored by the Zen Buddhist Temple • August 1-5 • This retreat emphasizes peace, cooperation, mindfulness, and fun. Vegetarian food. Children, parents, and other adults welcome. Call 313-761-6520.

Great Green Yard Sale at the Zen Buddhist Temple • August 30-31 • A benefit for the Zen Buddhist Temple. Call 313-761-6520.

Crazy Cloud Dharma Center Summer Series at the Friends Meeting House • Cost is free. Call 313-741-1084.

• **Birth, Death, and Other Superstitions • May 7, Wednesday, 8-9:30 PM •** A talk on the path of non-dual Tantric Buddhism by Crazy Cloud teacher, Khepa.

• **The Fire of Truth: How to Slow Cook Body and Mind in Joy • June 11, Wednesday, 8-9:30 PM •** A talk on entering the Tantric path through the preliminaries by Khepa.

• **Feast of Great Joy • May 15, Thursday, 7-9 PM •** A musical journey into meditation through the awareness songs of the great female Tantric Buddha, Yeshe Tsogyal.

• **Tantric Preliminary Practice • June 19, Thursday, 7-9 PM •** Practice exploration of the powerful Tantric preliminaries.

• **Not All Ascetics are Psychopaths and Lustful Perverts, But Many Are • July 16, Wednesday, 8-9:30 PM •** A talk on the mind-body split and its negative impact on true religion.

• **Understanding Awareness Song • July 24, Thursday, 7-9 PM •** A class exploring the mystery and power of mantra on the Tantric path.

Celebrations and Rituals

Celebration of Solstice with Esther Kennedy and Kathleen Schanz at the Weber Center • Saturday, June 21, 7-9 PM • We gather at midsummer's eve and will ritualize the festival of light through song, poetry, and dance. Cost is free but preregistration is required. Call 517-263-7088.

Candlelight Ceremony at the Lighthouse Center • Every Sunday, 6-7 PM • A weekly ceremony for mantra meditators. Cost is free. Call Prachi Patricia Thiel at 313-449-4381.

Healing Night at the Lighthouse Center • Third Wednesday of each month, 7-9:30 PM • Open to the public. Cost is free. Call Prachi Patricia Thiel at 313-449-4381.

Beltane (May Day) Ritual with Mateyo • May 2, 6:45-10 PM • Join us in this ongoing series of Wheel of the Year rituals. Beltane signals the beginning of the warmer, lighter half of the year, the time of joyous assembly, to perceive the Divinity, the Goddess and God, in each other. Cost is \$7-17 sliding scale. Call Mateyo at 313-663-5505.

Litha (Summer Solstice) Ritual with Mateyo • June 20, 6:45-10 PM • Join us in this yearlong series of rituals turning the Wheel of the Year, bringing us into harmony with the subtle tides of the seasons. This is the longest day, time for personal empowerment and passionate healing. Cost is \$7-17 sliding scale. Call Mateyo at 313-663-5505.

Lughnasad (August Eve) Ritual with Mateyo • August 1, 6:45-10 PM • This time of the first fruits of the harvest lets us call to the abundance of the Universe for the coming year. Join us in the second year of this series, designed to bring us into harmony with the subtle tides of the seasons. Cost is \$7-17 sliding scale. Call Mateyo at 313-663-5505.

Buddha's Birthday Celebration through the Zen Buddhist Temple • May 17 and 18 • Saturday: Children's Service at 11 AM; Pranama of Crazy Cloud Dharma Center talks on "Emptiness and Refuge, the Mother and Father of the Buddha" at 2:30 PM; hors d'oeuvre and dessert buffet extraordinaire, followed by poetry and music at 6 PM. Sunday: Religious service at 9:30 AM; "Introduction to Meditation" talk and demonstration at 3 PM; Lotus lantern lighting and chanting service at 7:30 PM. Call 313-761-6520.

Beltaine Ritual with Shining Lakes Grove • Saturday, May 3, 2-5 PM • Join us as we celebrate the height of Spring. Cost is free. Call Fox at 313-665-8428.

Summer Solstice Ritual with Shining Lakes Grove at the Botsford Recreational Preserve • Saturday, June 21, 2-5 PM • Join us as we celebrate the return of Summer and the marriage of our tribal god to the goddess of the land. Cost is free. Call Fox at 313-665-8428.

Lughnasadh Festival with Shining Lakes Grove • August 1-3 • For other information, call Fox at 313-665-8428.

Channeling

Light Transmission with Sandra Shears • One Sunday per month, 11 AM • A meditative program geared towards light workers that features transmission by group energies (The Great Ones) to group energy with the intent of uplifting humanity. Cost is \$25. Call Sandra Shears at 313-994-0047.

Everything about a new family takes time. But we all want to share our lives, don't we? Isn't that the most important thing?

- Carroll Dunham

John Friedlander Channeling Seth at the Practical Psychic Center of Ann Arbor • Fridays, May 9, June 13, August 8, 7:30-9:30 PM • Because these talks are channeled, the specific topic may change. May be attended separately. Cost is \$10 per talk. Call Ray O. Golden or Sue Remington at 313-996-5501.

Open House Channeling Sessions with Aaron channeled through Barbara Brodsky of the Deep Spring Center • Most Wednesday evenings until June 11 • Who are we? Why are we incarnate? How do we do the work we are here to do? These are some of the questions spoken to by Aaron, a "Being of Light." Aaron is a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky. At each weekly session, Aaron will give a talk with time for questions as well as a social period. On the last Wednesday of each month, questions of a more esoteric, metaphysical nature are addressed. Call to confirm we are meeting. Cost is by donation. Call the Deep Spring Center at 313-971-3455.

"Angels in Earthsuits" with Aaron channeled through Barbara Brodsky of the Deep Spring Center • Saturday, May 10, 9-4:30 PM • A one-day workshop addressing the dilemma we all face. We are literally angels, in Aaron's perception, yet we dwell in "earthsuits." How do we live our lives with increasing wisdom and love, denying neither the angel nor the human? How do we use the daily catalysts - relationship, work, etc. - as fertile soil for growth? How do we connect with our spiritual guides? Included will be talks from Aaron, discussion, and meditation. Participants must be familiar with our work or with the book, *Angels in Earthsuits*. Includes a potluck lunch. Cost is \$75 (no one will be excluded for financial reasons). Call Hal at 313-971-3455.

Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbor. Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your smile, kindness in your warm greeting.

- Mother Teresa

Crystal Clear Expressions: A Channeling Evening with Nanci Rose Gerler • First Monday of each month, 7-9 PM • Various masters, guides or angels will be channeled with messages of spiritual guidance and love. Taping permitted. Cost is by donation. Call Nanci Rose Gerler at 313-996-8799.

Chanting

The Chants of Hildegard von Bingen with Norma Gentile • July 20 and September 14, 4-6 PM • This afternoon, everyone will learn to sing at least two sacred songs by Hildegard. You don't need to know how to read music to participate. Music will be taught by "call and response" repetition. This is an introductory and participatory session of music-making based on chants written by the 12th century mystic and abbess. Cost is \$10, \$5 for students. Call Norma Gentile at 313-332-4606.

Secrets of the Heart (Naqshbandi Sufi Zikr) with Leonardo "Khaalid ibn Waleed" at the Natural Healing Studio • Fridays and Saturdays, 9:30 PM • Join with people gathering together in harmony and humbleness and give thanks and appreciation to the Divine. Receive Baraka and/or blessings by just being present while connecting your heart and spirit. Experience the hidden Secrets of the Heart with a greater appreciation and inner and outer awareness of the Light. Gain a peaceful state of being, self-healing, Spiritual enlightenment, and Love. Cost is Time and Patience. Call 313-930-9807.

Childbirth Preparation

Childbirth Preparation Classes with Patty Brennan • Tuesdays, May 20-June 24 or Wednesdays, July 23-August 27, 7-9:15 PM • Share a midwife's experience with normal birth. Six-week series prepares women and partners for birth in home or hospital. Emphasis is placed on developing confidence in your body's natural abilities, labor support techniques, alternatives to drugs, and cesarean prevention. Cost is \$150. Call Patty Brennan at 313-663-1523.

The Bradley Method Childbirth Classes with Isabelle Joy Yingling • 8-week class, Mondays, June 16-August 10, 7-9:30 PM • How to have a low-risk, healthy pregnancy, labor, and birth. Classes include instruction in alternative pain management, relaxation training, coaching and birth, making birth plans, issues concerning the newborn, and breast-feeding. Cost is \$155. Call 313-475-0022.

Early Bird Class with Isabelle Joy Yingling: Support Groups for New Parents • May 5, 7-9 PM • To acquaint couples early in their pregnancy with the Bradley Method and other childbirth related services. The panel will include a representative from LaLeche League, Marilyn Jeffers, and a person from the St. Joseph's Infant Support Team. Cost is free. Call 313-475-0022.

Prenatal Massage with Laura Machida through the YMCA • May 10, 12:30-2:30 PM • Caring for the mother who is carrying the child is essential for the health of the family. Learn techniques that reduce back and leg strain. Provide relief during labor and increase circulation to both mother and child. Wear loose clothing and bring a blanket and three pillows. Cost is \$25 for members, \$35 for nonmembers. Call Laura Machida at 313-761-7962.

The Crazy Wisdom Calendar

Death and Dying

Life-Threatening Illness: How to Respond, How to Care with Linda Diane Feldt • Saturday, July 19, 10 AM-4 PM • Offered for the first time in Ann Arbor, this workshop was developed for national conferences in Boulder and Toronto. Linda Diane will share her experiences working with family, friends, and clients who have had life-threatening illnesses through poetry, stories, and video. Practical information will be included on the role of the therapist or bodyworker, ways to talk about death, resources that are available, attending a death, and the special considerations of different illnesses. The unique energetic quality of life-threatening disease will also be presented with information on how we can understand and work with this paradigm. There will also be time to focus on the role of the caregiver and how to take care of oneself. This will take place at a peaceful waterfront near Ann Arbor. Cost is \$40-80 sliding scale. Call Linda Diane Feldt at 313-662-4902.

Death Is Not Your Enemy with Lorna Brown through the Practical Psychic Center of Ann Arbor • Monday, July 8, 7-9:30 PM • Explore various concepts around death and dying and integrate new thoughts, ideas, and feelings into your daily life experiences. Cost is \$20. Call 313-996-5501.

**I saw sorrow turning into clarity.
- Yoko Ono**

Dreamwork

Dynamic Dreamwork with Ann Schoonmaker • Every Tuesday, 7-9 PM • Learn how your dreams weave a tapestry of past, present, and future choices as well as how to interpret them according to your own inner guides. Use active dreamwork to discover where your dreams are leading you and to create a positive future. First session is free, then the cost is \$10 per session. Call 313-761-9044.

Healing Power of Dreams with Rebecca Mullen • Sundays or Mondays, 7-9 PM • Dreams come to us for the purpose of health and healing, to balance and regulate psychic energies, and to connect us to universal messages. People will be encouraged to share their dreams and investigate their symbolic meaning and metaphoric message. Cost is \$5-10 donation. Call Rebecca Mullen at 313-662-5925.

Drumming

Let's Make Joyful Noise! with Judith Thomson at Mulberry Farm • April 28, 6:45-10 PM • Open to all. No experience necessary, just a heartbeat and voice. Feel free to bring your own drum, rattle, etc. Prepare to have a wonderful evening! Cost is \$25. Call 313-783-3830.

Women's Drumming Circle at Mulberry Farm • Fridays, April 4, May 2, June 6, August 1, 7:30 PM • All are welcome! Drumming, singing, seasonal devotions, etc. Cost is \$3 donation. Call 313-783-3830.

Drum the Heartbeat with O. Andrew Schreiber • Third Saturday of each month, 1-4 PM • This will be a monthly workshop to introduce new rhythms. Basic experience in hand drumming preferred. Bring your own drum. Cost is \$10-25 sliding scale. Call 313-668-6380.

Druidic Lore

Druidic Lore and Magical Tradition Classes with Shining Lakes Grove • Two sessions every other Tuesday, 7-10 PM • Introductory Session I is open to the public. Advanced Session II requires advanced registration. Cost is free. Call Fox at 313-665-8428.

May 6 • I: The Year Wheel

II: Magical Practice I and Dreams

May 20 • I: Passages

II: Magical Practice II and Psychic Work

June 3 • I: Worshipping at Home

II: Magical Practice III and Herbcraft

Feng Shui

Feng Shui Intensive, Level I with Paula M. Lund at Ageless Wisdom • May 24, 12-5 PM • Packed with both theoretical and practical information on how to improve your life by creating harmony in your home. You will leave with an understanding of the problems in your space and how to cure them in a way that suits your style. The objective of this ancient science is to put oneself in sync with divine flow, creating optimal vitality and good fortune. Please bring a scale drawing of your home or office. You are welcome to tape this class. Cost is \$35. Call Rose Beres at 313-207-5310.

Feng Shui Intensive, Level II with Paula M. Lund at Ageless Wisdom • May 25, 12-5 PM • Learn the Five Elements applied to human Chi and how to adjust it; use kinesiology (muscle testing) to gauge the interaction of the resident's Chi to the Chi of the space; advance color combining; astrological applications; problems of previous owners and sealing the doors; and trace nine stars and the three most important changes to transform bad luck. Cost is \$35. Call Rose Beres at 313-207-5310.

Food and Healing

Achieving Optimal Health and Weight with Judy Stone of Feeding Your Whole Self • Thursdays, May 15-June 19, 7-8:30 PM or Mondays, May 12-June 16, 9:30-11 AM • This is a six-week program for those who want to give up dieting, are serious about making changes to improve and support current and long-term health and vitality, and would like to lose some excess weight in a sane, self-loving way. Program includes nutrition education, finding your individual nutritional profile, emotional support, help with recipes and menus, finding pleasurable movement, connecting with your body, and the use of whole food supplements. Cost is \$360 and includes group materials, individual consultation, and one month's supplements. Call 313-994-5549.

Diet for the Soul with Judy Stone of Feeding Your Whole Self at the Center for Realistic Living in Troy • Saturday, May 10, 9:30 AM-5 PM • In a day-long workshop, explore what it means to develop a relationship with food and body that is nourishing to all parts of the self in order to transform personally and physically. Both experiential and didactic, the day emphasizes connecting with your body, developing a compassionate inner voice, understanding the energetic connection between food and feeling, the importance of individual nutritional profiling, and more. Cost is \$100 with a discount of \$15 if received before April 18. Call 313-994-5549.

Working with Eating Disorders and Body Image with Judith Banker of the Center for Eating Disorders • Second Tuesday of each month, 8:45-9:45 AM • Case discussion group for therapists and health care workers working with people with eating disorders and body-image issues. Cost is \$25 per meeting. Call Judith Banker at 313-668-8448.

Herbs, Plants, and the Garden

Herbal Wisdom Series with Linda Diane Feldt through the People's Food Co-op • Tuesdays, 7:30-9:30 • For beginners and those who want to add to their knowledge of herbs and how they can be used for health and healing. All classes are taught from the Wise Woman perspective. A different topic each month. Cost is free. Call Linda Diane Feldt at 313-662-4902.

May 6: Making Tinctures and Salves

June 3: Policies & Conspiracies Affecting Herbs and the Myth of Cleansing and Purifying

July 1: Using Live Herbs for First Aid and Long-term Healing

Herbal Wisdom Class with Linda Diane Feldt • Ten-week class on Mondays beginning May 5, 7-9:30 (No class on June 23.) • This class will be an in-depth learning experience in the wonders of herbs and natural healing. Through discussion, projects, hands-on experience, research, and stories, you will gain appreciation and knowledge about how plants can be simply used. Your relationship with the green allies around you will be forever transformed. Cost is \$100-150 sliding scale. Call Linda Diane Feldt at 313-662-4902.

Weed Walks with Linda Diane Feldt • Four Saturdays, May 24, June 14, August 30, September 13, 1-4 PM • Join us for a slow tour of some of the areas abundant weeds - also known as nourishing and medicinal plants. Identify the plants you've heard so much about, with discussion on how you can harvest them - when, why, what parts, and how to preserve them. Handouts are provided as well as a friendly, low-pressure learning environment. Cost is \$10-20 sliding scale for each class. Call Linda Diane Feldt at 313-662-4902.

Infant Massage

Infant Massage with Audrey Simon • Wednesdays at 10:30 AM, classes start monthly • Four-week class to learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of the class is to enhance loving communication and bond between baby and caregiver. Cost is \$85 and includes handbook, bottle of oil, and handouts. Call Audrey Simon at 313-741-9706.

Kids and Young Adults

Wild Heart Wilderness Living with Patrick Munson, Ages 10-13 • July 8-11 Day Camp • Hands-on, experiential study of natural shelters, primitive fire-making, animal tracking, and wilderness awareness. You will learn the skills to live and be at home in the wild. Cost is \$235. Call Patrick Munson at 313-995-4327.

Tarot and Self-Esteem for Girls with Mateyo, Ages 11 and up • Six Wednesdays, June 25-July 30, 7-9 PM • Our society socializes girls to be passive and accommodating. By learning techniques of boundary setting, mental focus, and clarity, girls can enhance their sensitivity while empowering themselves to succeed in a devaluing culture. Cost is \$100-160 sliding scale. Call Mateyo at 313-663-5505.

Yoga for Children with Ema Stefanova, Ages 7-9 • Weekdays and Weekends in May • Postures, breathing awareness, concentration, and meditation for children will be introduced. Call Ema Stefanova at 313-665-7801.

Meditation

Intensive Meditation with Prachi Patricia Thiel at the Lighthouse Center • First and Third Fridays of each month, 7-10 PM • Meditation for mantra meditators. Cost is free. Call Prachi Patricia Thiel at 313-449-4381.

New Meditation Lecture with Prachi Patricia Thiel at the Lighthouse Center • Last Friday of each month, 7-9:30 PM • Learn the mantra meditation technique. Cost is free. Call Prachi Patricia Thiel at 313-449-4381.

Mastering Meditation with Kapila Castoldi at the Sri Chinmoy Centre • Fridays, May 9, 16, 23; Tuesdays, June 10, 17, 24; Thursdays, July 10, 17, 24 at 7:30-9:30 PM • A three-week study program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation, and self-improvement. Cost is free. Call the Sri Chinmoy Centre at 313-994-7114.

A student has been meditating the entire week and he comes to Master and says: "Master, this is wonderful. I'm seeing white light. I feel at one with everything." And the Master replies, "That's okay, just keep meditating. It'll go away." — Traditional

Awaken Your Lightbody! with Sandra Shears • Every other Thursday, 10 AM • Active meditation explores the concepts of intent, lightbody, direct experience, mastership, the dichotomy of relationship, the paradox of soul, self-realization, God-realization, spiritual sexuality, and multidimensionality. Cost is \$25. Call Sandra Shears at 313-994-0047.

Insight Meditation with Barbara Brodsky of the Deep Spring Center • May 12, May 27, June 9, 7:30-10 PM • Insight Meditation is a simple, direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness that allows sensations, emotions, thoughts, and consciousness greater clarity and balance. This frees conditioned patterns of self-centeredness, negativity, and confusion, opening our heart to deeper wisdom and compassion. No special religious beliefs are necessary. Each class begins with a sitting, followed by talk or instruction and discussion. Cost is by donation. Call the Deep Spring Center at 313-971-3455.

Residential Meditation Retreat with John Orr and Barbara Brodsky of the Deep Spring Center • Friday evening, June 13-Sunday afternoon, June 15 or through Saturday afternoon, June 21 • The two foundations of the weekend are Insight Meditation and deepening awareness of innate perfection. We'll be practicing sitting and walking meditation. Mindfulness throughout the 24-hour day will be a focus. The retreat will be held in silence, but there will be clear instructions for beginning and advanced meditators, evening talks, and optional discussion periods with teachers. Cost is \$325, covering room and board for the week. \$150 for the first weekend only, each additional night \$40. Also by donation. Call the Deep Spring Center at 971-3455.

Meditation in the Kriya Yoga Tradition • Second and Fourth Thursday of each month, 7:30-8:15 PM • We teach preliminary meditation techniques in the Kriya Yoga tradition, such as mantra meditation, inner sound and light technique, and shushumna breathing. We meet for silent meditation sessions of 45 minutes. All are welcome. Cost is free. Call Rudy or Natalie Aguirre at 313-572-9390.

Introduction to Meditation with Ema Stefanova • Wednesday, May 14, 6:30-7:30 AM and Saturday, May 24, 2-4 PM • A few traditional meditation techniques will be introduced and practiced. No prior knowledge or experience of meditation is needed. Wear loose, comfortable clothing and bring a thick blanket. Call Ema Stefanova at 313-665-7801.

Meditation for Beginners with Ema Stefanova • Eight-week class Saturdays, 5 PM; Weekdays, 6:30 AM • You will learn how to prepare your body and mind for a successful meditation practice. You will also learn how to do a few different kinds of meditation. Cost is \$86. Call Ema Stefanova at 313-665-7801.

Men's Work

Seventh Annual Michigan Men's Spirit Camp with Gurudarshan Khalsa and Jeffrey Duvall • May 2, 7 PM through May 4, 3 PM • We will create a powerful and safe space to explore and celebrate our joy and pain. Through sacred drumming, dance, sweat lodge, and small support groups, share your stories and renew your deep masculine soul. Cost is \$180, including meals. Call Gurudarshan Khalsa at 810-541-4834.

Movement and Dance

Dances of Universal Peace (Sufi Dancing) at Friends Meeting House • First and Third Friday of each month, 7-9 PM • Songs and chants from the world's spiritual faiths with simple movements in a circle dance form. All dances are taught. No partner needed. Awaken joy, peace, a sense of unity. Cost is \$5 donation. Call Siddiq or Majida Middlebrooks at 313-996-1332.

Movement Journey with Hava Jean Delgado • Every other Monday, 7-9 PM • Movement journeys provide healing through movement, creativity, and self-reflection; empowerment through gathering together; self-rejuvenation through reacquaintance with our sacred bodies; and celebration of the masculine/feminine through sharing, sounding, drawing, and writing. Cost is \$15 per session. Call Hava Jean Delgado at 313-697-1579.

Moving from the Inside Out with Suzanne Willets-Brooks • Six-week sessions, Mondays, April 7-May 19 or May 26-June 30, 7-8:30 PM • Designed to explore and listen to the body/mind. It combines basic elements from tai chi, yoga, and somatics. We will move from the center, allowing the uniqueness of the body to reveal itself. The experience is deeply calming. Cost is \$30-\$55. Call Suzanne Willets-Brooks at 313-482-2607.

Life Dance I and II with Suzanne Willets-Brooks • Six-week sessions April 10-May 15 or May 22-June 26; beginning class 5:30-7 PM, continuing class 7-8:30 PM • Awaken and celebrate the body and spirit. Life Dance is an integration of African-based movement with yoga and modern dance, designed for the joy of movement. Cost is \$60. Call Suzanne Willets-Brooks at 313-482-2607.

Dance Classes with Jesse Richards • Ongoing classes • Call Jesse Richards at 313-995-2972 for information about the following:

- **Earth Dance for Beginners •** Earth Dance combines jazz with African-based dance, martial arts, and ballet. It's an exciting, energetic dance style that develops a deep sense of strength, alignment, and joy of moving. No dance experience necessary. Cost is \$70 for eight weeks.
- **Earth Dance: Advance-Beginners •** Cost is \$70 for eight weeks.
- **Earth Dance: Intermediate •** Students in this class must have some dance experience or have taken beginner's Earth Dance. Cost is \$70 for eight weeks.
- **Repertory •** For Intermediate through advanced students who wish to learn performance pieces. Cost is \$70 for eight weeks.
- **Kata •** The Lay Out Kata is a meditative Martial Arts dance sequence designed to build strength, alignment, balance, and inner peace. All levels welcome. Cost is \$65 for eight weeks.

Music and Sound

Crazy Wisdom Bookstore Local Lecture Series: Tao of Music and Dance: Emotional and Spiritual Development through Training in the Arts with Jesse Richards • Friday, June 27, 8 PM • We will discuss how conscious training in voice and dance can lead to self-awareness and ultimately serve as a midwife to self-actualization. Tea is served at 7:30. Cost is \$3 donation. Call Crazy Wisdom at 313-665-2757.

Group Voice and Harmony with Kathleen Moore • Two Saturdays per month, 11 AM-12:30 PM • Through exercises in voice, breath, movement, and imagery, we experience fuller access to and enjoyment of our voice. Song sharing, harmony, rhythm, chanting, individual/solo focus: all are possible, depending on group interests and needs. Groups are small, supportive, and open to a range of abilities and struggles. Cost is \$20 per session with a discount for all 8 sessions. Call Kathleen Moore at 313-668-8146.

Group Singing Instruction Class with Jesse Richards • Ongoing classes • Holistic Voice Training enables you to sing your best while developing greater self-awareness, technical expertise, and confidence. Classes are also useful for songwriters, public speakers, and those engaged in personal healing processes. Group lessons are a fun, supportive vehicle for becoming a relaxed, confident singer in front of others. Participating in other singer's training can give you rich insights into your own process. Cost is \$120 for eight weeks. Call Jesse Richards at 313-995-2972.

The Crazy Wisdom Calendar

Healing with Sacred Sound with Norma Gentile • May 18, 4-6 PM • An experiential workshop introducing basic techniques such as balancing the chakras and bringing the physical body to a greater state of ease through use of the voice. Participants will learn to use their own voice in a stronger and more powerful manner. Some breath and grounding work also available. Cost is \$25. Call Norma Gentile at 313-332-4606.

Receptive Sounding with Norma Gentile • June 8, 4-6 PM • Most of us send out energy when we speak. This flow obscures our ability to 'hear' the person we are addressing on a psychic level. We will learn to use both 'receptive' and 'projected' speaking, and look at how they affect our ability to understand others and be understood ourselves. Cost is \$25. Call Norma Gentile at 313-332-4606.

Portals of Sound with Norma Gentile • August 10, 4-6 PM • There are various portals that lie in the aura surrounding the physical body. Each of these connects with a band of energy that may be referred to as a guide. Using sound, we'll be 'exciting' (opening) several of these and clearing out their connecting links or channels. This allows conscious connections with one or more guides to be established. Cost is \$25. Call Norma Gentile at 313-332-4606.

Beauty is startling. She wears a gold shawl in the summer and sells seven kinds of honey at the flea market. She is young and old at once, my daughter and my grandmother. In school, she excelled in mathematics and poetry. Beauty doesn't anger easily. She is fond of riddles. Beauty will dance with anyone brave enough to ask her.

-J. Ruth Gendler

Native American

A Medicine Wheel Experience with Esther Kennedy at the Weber Center • Friday, July 11 at 7 PM through Saturday, July 12 at 5 PM • The Medicine Wheel has a strong center and eight positions on the rim corresponding with the eight directions. Questions relating to one's personal story and our planetary story can be brought to the wheel. Masks carved especially for the wheel will be used. Cost is \$50. Call the Weber Center at 517-263-7088.

Native American Spirituality with Gunn Hollingsworth • Friday, May 23, 7-9 PM with a pipe ceremony at 9 PM • Gunn Hollingsworth will speak about the ways of the pipe in various Native American spiritual practices, connecting with the Creator's intentions and life as a sacred journey. Cost is \$25. Call Rose Beres at 313-207-5310.

Pipe Circle at Mulberry Farm • Fridays, April 18, May 16, July 18, August 15, 7:30 PM • All are welcome. Cost is \$3 donation. Call Mulberry Farm at 313-783-3830.

Community Sweat Lodge Ceremony at Mulberry Farm • Saturdays, May 24, July 26, August 23. New people arrive at 4 PM • Cost is \$20 donation and a potluck dish to pass. Call Mulberry Farm at 313-783-3830.

Personal Growth and Creativity

Astrology, Psychology, and Transformation with Matruka Sherman and Richard Mann • Wednesdays, May 7-June 4, 7-9 PM • This workshop of self-exploration and renewal for those in the helping professions draws on two distinct but complementary traditions of astrology and psychology. Probing archetypal roots of our uniqueness merges with personal sharing in a climate of mutuality and trust. The process of transformation will be understood in light of what astrology reveals about each individual's opportunity for growth. Cost is \$125 for five weeks. Call Matruka Sherman at 313-213-7075.

Turning Memories into Memoirs with Sebastian Matthews of the Living English Language Institute • May 9, 10, 11 • In this class, you will learn to write your life-story. Using the effective TMIM approach, you will move step-by-step through the story-telling process to produce entertaining, well-crafted life-stories. Cost is \$75 plus \$17.95 for textbook. Call Sebastian Matthews at 313-741-0454.

The Art of Journal Writing with Phyllis Perry of New Options Counseling • One hour per week for 8 weeks, times and dates to be announced • Learn journal writing for self-expression and personal growth. Express your creativity, problem-solve, reflect, and gain insight and awareness. Cost is \$25 per session. Call Phyllis Perry at 313-973-0003.

Family of Origin and Inner Child Talk with Chuck Farhat • Friday, June 13, 7-9 PM • See how your childhood experiences affect your life today. Explore the family patterns that influence the way you see the world. Expand your insights regarding personal relationship with others as well as a better relationship with yourself. Cost is free. Call Rose Beres at 313-207-5310.

Mask-Making with Sue Remington of the Practical Psychic Center of Ann Arbor • June 17 and 18, 12-2:30 PM • An exploration of spirit and expression by creating a plaster mask of your own face. Cost is \$35 and is limited to ten participants. Call 313-996-5501.

The Artist's Way: A Spiritual Path to Creativity with Laura Massaro of Soundings • Mondays, July 14-August 18, 7-9 PM • Based on Julia Cameron's book, this program is for artists and non-artists. Explore creativity in everyday life and the arts and claim your creative self. Discussion, meditation, and journal writing. Cost is \$120 for six weeks. For more information, call Laura Massaro at 313-971-6627.

Surviving Success: Embracing the Challenges of "Making It" with Sandi of Soundings • Thursdays, June 5-July 17, 7-9 PM (There will be no class July 3.) • You've learned to "dress for success" and make it in a man's world. Now you face the emotional ups and downs of new challenges at home and on the job. This workshop provides practical ways to restore balance to your life. Cost is \$120 for six sessions. Call Sandi at 313-973-7723.

Haviness, Creating the Space for Abundance and Prosperity in Your Life with Ray O. Golden of the Practical Psychic Center of Ann Arbor • August 6 and 20, Wednesdays, 7-9:30 PM • Learn to remove blockages and energies that may be limiting your abundance and prosperity. Cost is \$65. (Half price for those who have taken Practical Psychic I.) Call 313-996-5501.

Living Your Prosperity with Jacobie Roberts and Leslee Mikaela • Saturday, June 28, 10 AM-6 PM • Do you easily manifest all prosperity you want in your life? Do you experience cycles of nothing coming easily? Learn how to understand and eliminate these troubling cycles. Money is made of the same energy as everything else in the Universe. Learn new techniques for understanding why and where your block to materialization are and how to eliminate them. Discover the natural power of manifestation that rests within each of us. Cost is \$59. Call Rose Beres at 313-207-5310.

Listening to Mid-life: A Transformational Journey from Crisis to Quest with Leah Song and John Cardwell • August 2, 10 AM-1 PM • Introductory session of "growth group" to begin in September, exploring our soul's call to heal and become more of who we are. Cost is free. Call 313-662-7413 or 994-5320.

Work from the Heart with Rebecca A. Roberts • Eight-week groups start in June • Within a small group setting, meaningful work will be explored using creativity, spirituality, and typology to increase self-knowledge. Formal tools and resources will be provided for action. Cost is \$25 for each two-hour group. Call Rebecca A. Roberts at 313-669-9419.

Songwriting: A Path to Discovery, Self-Expression, and Healing with Laura Massaro • Six-week class begins in May and August • For musicians and non-musicians. Participants learn how to use words, poetry, and music to communicate feelings, enhance self-expression, and experience healing in a supportive environment. Small groups. Cost is \$20 per session. Call Laura Massaro at 313-971-6627.

The Artist's Way Workshop: A Spiritual Path to Self-Discovery and Greater Creativity with Laura Massaro at Soundings: A Center for Women • Six-week workshop, July 14-August 18, 7-9 PM • Learn to listen to your inner voice, overcome resistance to challenges and changes. Activities include discussion, journal writing, taking small steps. Self-nurturing, confidential, small groups. Cost is \$20 per session. Call Laura Massaro at 313-973-7723.

The Creative Arts, Self-Discovery, and Healing with Laura Massaro • Six-week class begins in May and August • Based on The Vein of Gold by Julia Cameron. Experiential workshop. All backgrounds welcome. For women and men who would like to explore the creative arts - music, writing, art, and drama - as a path to self-discovery and healing. Cost is \$20 per session. Call Laura Massaro at 313-971-6627.

Artist's Way Group with Sue Webster McDonald • Begins in May • This course is based on The Artist's Way and consists of 12 weekly, 2-hour sessions in a secure, small group atmosphere that encourages the discovery and recovery of creativity in life and in the arts. It is appropriate for professionals and nonprofessionals, as well as for those in major life transitions. Cost is \$20-25 per session, depending on group size. Call Sue Webster McDonald at 313-747-9191.

Discovering Your Creative Self for Seniors by the Turner Geriatric Clinic • Tuesdays, May 6-June 10, 10 AM-12 PM • An opportunity for seniors to enhance their lives by exploring creative ways to express themselves. We will participate in discussions and exercises around themes such as art, music, writing, movement, and everyday life. Cost is \$30, scholarships available. Call Turner Geriatric Clinic at 313-764-2556.

Stress Management: Embracing Peace Within You with Melanie Peelman-Fuscaldo • Part I: Tuesday, May 6, 12-1 PM or Monday, June 2, 10-11 AM; Part II: Tuesday, May 13, 12-1 PM or Wednesday, June 4, 10-11 AM • Tune in to messages from your body, mind, and spirit and learn effective strategies to enhance your well-being. Identify your unique stressors. Experience guided imagery for relaxation and gain information from your inner guide. Leave with coping strategies to increase your effectiveness. Cost is \$15 per session. Call Melanie Peelman-Fuscaldo at 313-668-2733.

Create Your Life with Betty Younger • Sunday, June 1, 9 AM-5 PM • You can create what matters to you! Learn skills to manifest and establish a life structure that supports involvement and momentum to achieve your vision. Live with passion and purpose. Based on The Path of Least Resistance by Robert Fritz. Cost is \$65. Call Creating Results at 313-665-8793.

Opening the Heart Space with Lorna Brown • Saturday, July 26, 9:30 AM-5 PM • An experiential workshop helping you move from your head to your heart through the process of exercises and rituals designed to assist in giving and receiving love. See why others have said, "It feels like I died and went to heaven." Cost is \$55. Call Lorna Brown at 313-428-8748.

Psychic Development

Dimensional Shifting with Jacobie Roberts and Leslee Mikael • June 30, 7-9 PM • Who have you been? Where have you lived? Learn how to find answers by looking in a mirror. You will also learn how to look at another and know when and where you knew them before by learning "stereo-grammic vision." Develop the skill to see other dimensions, the energy around you, and your angels. Cost is \$19. Call Rose Beres at Ageless Wisdom, 313-207-5310.

Developing Practical Intuition with Jacobie Roberts and Leslee Mikael • Sunday, June 29, 12-6 PM • Do you always know when your inner voice is speaking? Are you easily able to read the energies in any room or situation? Learn to access tools available within to touch an object and know its energies. Learn how to know, when entering a room, what energies are present by fine-tuning your intuition. Cost is \$59. Call Rose Beres at Ageless Wisdom, 313-207-5310.

Aura Photography Workshop with Jose Ortiz at the Lighthouse Center • May 17 • Call Prachi Patricia Thiel at 313-449-4381.

Out-of-Body Workshop with William Buhlman at the Lighthouse Center • June 14 • Buhlman is the author of *Adventures Beyond the Body*. Call Prachi Patricia Thiel at 313-449-4381.

Clairvoyant and Psychic Development Seminars at the Practical Psychic Center of Ann Arbor • Call 313-996-5501 for information on the following classes:

• **Practical Psychic I: Awareness • Friday, 7-10 PM and Saturday, 10 AM-5 PM on May 16-17, or June 27-28; or Saturday and Sunday, 10 AM-4 PM, August 9-10 •** Diane Evans and Sue Remington will teach simple and powerful techniques to begin to see, ground, and heal your psychic and emotional space, aura, and chakras. Ray O. Golden will be the instructor in August. Cost is \$149 or \$129 if paid 2 weeks in advance.

• **Practical Psychic II: Deepening Awareness and Skills • May 17-18, 10 AM-4 PM; or June 4-July 9, Wednesdays, 7:30-9:30 PM •** Ray O. Golden will help you connect with one of your healing guides to do healings. Cost is \$160.

• **Practical Psychic III: Putting It All Together • Friday 7-10 PM, Saturday and Sunday, 10 AM-4 PM on August 15-17 •** Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Cost is \$195.

• **Communicating With Those Who Are No Longer With Us • May 10, 10 AM-4 PM; or August 6 and 13, Wednesdays, 7-9:30 PM •** Ray O. Golden will teach you to communicate with those who are no longer here without being a medium. Cost is \$65.

• **Communicating With Guides • June 28, Saturday, 10 AM-4 PM •** Learn to communicate with your Guides. Taught by Ray O. Golden. Cost is \$65.

• **Imagine That! An Introduction to Creative Imagery • June 16, July 14 or August 11, Mondays, 7:30-9:30 PM •** Psychic creative visualization is a simple, powerful tool for achieving a wide variety of objectives that enhance the quality of our lives. Expanding awareness, invoking inner wisdom, reducing stress, and facilitating optimal performance are only a few of its myriad possibilities. Join Diane Evans for more fun and profit than you can presently imagine as you experience the richness of this inner resource. Cost is \$20.

• **Magic Carpet Ride • July 21, Monday, 7-9 PM •** An overview of probabilities, planes of reality, and whatever are those Frameworks. With Sue Remington. Cost is \$15.

• **Something Simple: Psychic Skills for Beginners • June 21, July 19 or August 2, Saturdays, 10 AM-12:30 PM •** Psychic skills are as natural to humans as walking and talking and much more easily learned. Everyone has this innate ability and increasing numbers of people want to access, use, and command it. This experiential workshop with Diane Evans is for the curious and the skeptical, the timid and the brave, you and your friends. Cost is \$25.

• **Advanced Class: Explorations at the Frontiers • July 12-13, 10 AM-4 PM each day •** Seth is exploring various frontiers with John Friedlander, developing a steadily emerging but incomplete picture or sense of Gestalt consciousness. This extensive work with Seth

sets the foundation for the improvisational exploratory nature of the workshop. The material is for the adventurous and for people who understand that this hasn't been synthesized by John or anyone else as far as we know. The workshop may include assemblage points, streams of neutrality, planes of consciousness, the etheric body, and more. This is not a beginning class; participants need to be able to communicate directly with their guides and see a detail in one of their chakras. Cost is \$160.

• **Preparation for Advanced Class: Explorations at the Frontiers • June 28, 10 AM-4 PM •** A workshop with Ray O. Golden recommended for those who want to take the advanced class and have not taken other Practical Psychic classes. Cost is \$65, half price if you've taken Practical Psychic I.

Psychodrama

Empatheatre Therapy with Sara Schreiber • Ongoing sessions • Using the skills taught in Empatheatre, we begin working in our personal lives in a safe, private environment. Privacy and safety are the main focus. Cost is \$350 for 13 weeks if paid in advance. Call Sara Schreiber for specific dates at 313-662-1450.

Reiki

First Degree Reiki Class with Suzy Wienckowski and Nancy Steel • Two-day sessions: May 9-10, or Jun 6-7, Friday evening and Saturday daytime; Four-day sessions: June 16-19, June 23-26 or July 21-24 at 9 AM-12 PM. Classes are with Suzy and/or Nancy. • Reiki means Universal Life Energy and is an ancient, gentle, hands-on method for channeling this energy. Reiki flows through your hands after you are initiated by a Reiki Master and facilitates healing on all levels: body, mind, and spirit. Reiki restores balance and harmony to the body and supports personal growth and spiritual awareness. The First Degree class includes the history of Reiki lineage, hands-on form for giving Reiki to yourself and others, and four individual initiations. Certificate awarded. Cost is \$150. Call Suzy Wienckowski at 313-668-8071 or Nancy Steel at 313-996-2530.

Reiki I and II with Mary Beth Rossiter • June 28, 10 AM-4:30 PM • Reiki is universal healing energy and promotes health by clearing negative patterns from the physical, mental/emotional, and spiritual bodies. 1st degree Reiki is opening to channel healing energy. 2nd degree Reiki focuses the direction of healing energy using symbolic imagery. Cost is \$180 in advance or \$210 at the door. Call Mary Beth Rossiter at 313-994-3387.

Introduction to Reiki with Mary Beth Rossiter • May 24, 2-3:30 PM • Reiki is a simple technique that anyone can learn and use in their daily life for self-healing and healing others. Cost is free. Call Mary Beth Rossiter at 313-994-3387.



Betty Younger is a psychotherapist in private practice who teaches Create Your Life classes and workshops.

The Crazy Wisdom Calendar

Reiki with Ray O. Golden of the Center for Intuitive Health • Reiki is a powerful, natural, non-invasive, easy-to-learn healing technique that can be learned by anyone. It is an ancient form of healing in which the energy of the Universe flows through the healer to facilitate an individual's healing at the physical, emotional, mental, and causal levels. Call Ray O. Golden regarding the following classes at 313-663-6075.

• **Reiki Introduction and Healing Night** • May 1, June 5, August 7, 7-9 PM • This free.

• **Level One Workshops** • June 7 or July 27, 9 AM-6 PM • In the level one workshop, the student receives attunements to the Reiki energy and learns to facilitate other's healing as well as self-healing techniques. Cost is \$95 one week in advance or \$125; includes manual and certificate.

• **Level Two Workshop** • August 2, 6-10 PM and August 3, 10 AM-4 PM • In this two-day workshop, advanced attunements deepen the process. The student learns even more powerful healing techniques as well as distance healing techniques. Cost is \$180 one week in advance or \$225.

Shamanism

Shamanic Journeys with John Morris • Beginner's group on second and fourth Wednesdays of each month, advanced group on first and third Wednesdays of each month, 7:30 PM • Now in their sixth year, these weekly trance journeys provide a gentle introduction to shamanism, including healing, divination, shape-shifting, and meetings with power animals and spirit guides. The session follow Felicitas Goodman's book, *Where the Spirits Ride the Wind*, emphasizing the role of postures in the shaman's quest. Cost is free. Newcomers welcome. Call John Morris at 313-665-3522.

An Introduction to Shamanism with Brian Greminger of the Practical Psychic Center of Ann Arbor • June 9, 7-9:30 PM • A brief introduction to Native American Shamanism with discussion of the links to other healing paradigms. Intended to be a stepping-off point for further individual exploration, the class will finish with a guided drum journey. Bring a blanket. Class limit 15. Cost is \$20. Call 313-996-5501.

Spiritual and Psychic Healing

Healing Night at the Lighthouse Center • Third Wednesday of each month, 7-9:30 PM • Open to the public. Call Prachi Patricia Thiel at 313-449-4381.

Healing Initiations, Personal and Planetary with Nicki Scully • May 3-4, 10 AM-6 PM • Learn to transmit, communicate, and function from your higher self, stretching limitations and breaking reality barriers. This course includes initiations that awaken and intensify electromagnetic currents in the body for healing. Cost is \$190. Call Mulberry Farm at 313-783-3830.

Resurrecting Your Internal Warrior with Jecobie Roberts and Leslee Mikaela • June 27, 7-9 PM • As lightworkers, it is our obligation to earth and the Universe to stand in the power of our soul. We must look inside, find, and resurrect our personal Light Warrior. Learn the Universal laws of the Warrior. Learn to heal and eliminate from your consciousness your "victim self." Learn to find and express the passion of the Light Warrior that you are. Cost is \$19. Call Rose Beres at 313-207-5310.

The image we have of saints suddenly appearing by a shaft of light is far too simple. Even the greatest spiritual attainments take place within the limits of daily mental life, with its doubts, fears, hopes, and denials.

- Deepak Chopra

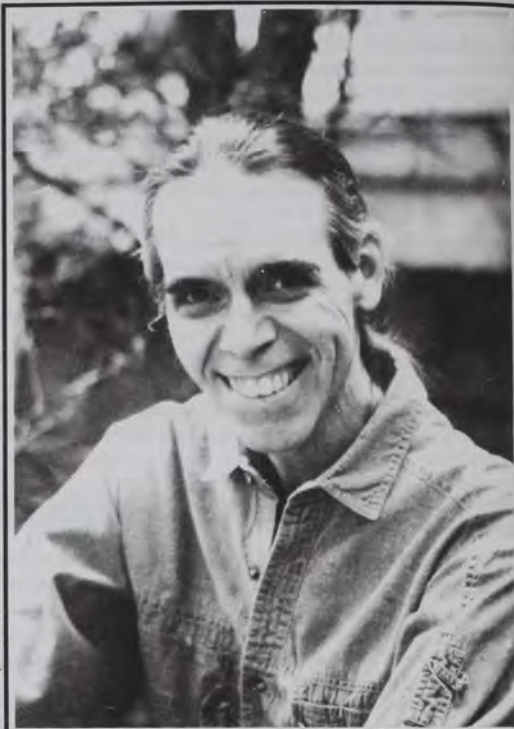
Spiritual Development

Ann Arbor Independent Spiritual Network Quarterly Meeting • July 30 • The Ann Arbor Independent Spiritual Network (ISN) connects people who are finding their own individual spiritual path. This is a group for people who want to examine and use spiritual concepts and techniques from more than one tradition. The ISN makes no attempt to create a consensus spirituality, but rather encourages individuals in the independent search. Meetings are held in January, April, July, and October. ISN meetings are an opportunity for individuals who are focusing on their spirituality to socialize and find support. Cost is free and open to all. Call Jonathan Ellis at 313-668-6672.

A Date with Your Spirit Guides with Jecobie Roberts and Leslee Mikaela • June 26, 7-9 PM • Participants will get to know their spirit guide by name and the way the guide has agreed to assist them. Learn the guidelines your teachers must honor when working with you. Gain an understanding of areas for which they are responsible and those for which you are responsible. You will understand where you are going in this life and why. Cost is \$19. Call Rose Beres at 313-207-5310.

Crazy Wisdom Bookstore presents Treasures of the Unicorn with Ted Andrews • May 7, 7-9:30 PM • For description and information, see listing under Animals and Spirit section.

Gurdjieff-Ouspensky - A Fourth Way School with Jeanie Wayker • Thursdays at 7 PM and Sundays at 10 AM • This is a school for the development of Consciousness. This is a school not only for learning; it is a school for becoming different. The Teaching is based on the idea that change in the level of one's knowledge must be accompanied by a change in the level of one's being. Introductory meetings are given upon request. Cost varies. Call Jeanie Wayker at 313-697-6651.



Ray O. Golden is a Reiki Master, and he also teaches at the Ann Arbor Practical Psychic Center.

Pardon Me, But Haven't I Seen You Somewhere Before? with Deborah Taylor • July 12, 10 AM-11:30 PM • This is a discussion and exploration of past lives and how we may be impacted by them in our current lifetime. The class will include a hands-on workshop. Cost is \$12. Call Deborah Taylor at 313-697-7148.

Body and Spirit, One Journey with Donna Steffen of the Weber Center • Sunday, July 6 at 7 PM - Friday, July 11 at 1 PM • This retreat invites each person into their inner journey through attention to the body. Through meditation, imagination, various forms of movement, artistic expression, reflection, sharing, and ritual, participants will be encouraged to notice what is being shown and given from a wisdom much deeper than the conscious self. Cost is \$200. Call the Weber Center at 517-263-7088.

Mystical Experience: The Spiritual Journey with Arlene Kosmatka of the Weber Center • Sunday, June 1 at 7 PM - Friday, June 6 at 1 PM • This retreat will explore the meaning of mystic and mystical experience. Participants are invited to journey with four 20th century mystics. These days include presentations, reflection, common prayer, and ritual celebration. Cost is \$200. Call the Weber Center at 517-263-7088.

Direct Energy Work with Sandra Shears • Every other Thursday morning, 10 AM • Through a meditative program, the flow of divine energy is facilitated, creating physical and etheric healing, heart opening, lightbody activation, and soul connection as one becomes a Source of Light, here and now. Cost is \$25. Call Sandra Shears at 313-994-0047.

The Journey Inward with Lisa Wolf sponsored by Great Lakes Pathwork • May 9, June 13, July 11, August 8, 7 PM • The Pathwork is a spiritual path of self-purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures. The Pathwork is many things: a spiritual path to develop and deepen our connection with Spirit and to view self-development as our personal contribution to the evolution of the universe, a philosophy to help understand reality in new ways, a community of seekers experiencing transparency and relationship with each other, a psychology to work with feelings and thoughts on conscious and semiconscious levels, and bodywork to build consciousness of the body and physical energy. Cost is free. Call Lisa Wolf at 313-930-0864.

An Introduction to the Pathwork Techniques with Lisa Wolf sponsored by Great Lakes Pathwork • Class meets once a month for 2 hours • This is a series of ten classes introducing some of the basic concepts expressed in the lectures. Lecture study includes the discussion and exploration of these ideas to help create and deepen personal understanding. See above description of Pathwork. Cost is \$275. Call Lisa Wolf at 313-930-0864.

What On Earth Are We Doing Here? The New Story of the Universe and Our Place In It with Hans Posselt and Leah Song • August 16, 10 AM-4 PM • Through the lens of modern science, deep ecology, and ancient wisdom, we will explore what it means to be the Earth waking up to Herself. Cost is by donation. Call 313-662-7413 or 313-426-0449.

Flower of Life Workshop with Lorna Brown • June 21-22, 9 AM-5 PM each day • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Cost is \$222. Call Lorna Brown at 313-428-1748.

What is Sacred Geometry and Ascension? with Lorna Brown through the Practical Psychic Center • May 19, 7-9:30 PM • An introduction to the significance of Sacred Geometry and its connection to the process called ascension. Cost is \$25. Call the Practical Psychic Center of Ann Arbor at 313-996-5501.

Opening the Heart Space with Lorna Brown through the Practical Psychic Center • June 2, 7-9:30 PM • An introduction to the process and rituals that allow for deepening our connection to ourselves, each other, and the universe. Cost is \$20. Call the Practical Psychic Center of Ann Arbor at 313-996-5501.

Storytelling

Storytelling for Adults with Anita Jones • May 17, June 21, July 19, August 16, 12-2 PM • Sharing of stories by discussion, telling, and exercises. Cost is \$5 per class. Call Anita Jones at 810-548-5078.

Tai Chi and Martial Arts

Introduction to Aikido with Jesse Nichols • First Tuesday of each month, 7:30 PM, 3 successive Tuesdays to follow • You will learn the basic technical and philosophical system of Aikido. Cost is \$30 for 4 classes, 1st class is free. Call Jesse Nichols at 313-913-1072.

Bukido with Jesse Nichols • Every Tuesday, 8:30 PM • You will learn the styles of weapons used in the study of Aikido. Cost is \$20 per month. Call Jesse Nichols at 313-913-1072.

Pencak Silat - Self-Defense/Martial Arts with Guru Leonardo Khaalid ibn Waleed • Mondays, Wednesdays, Thursdays; 10 AM-12 PM, 6-7:30 PM for beginners, 8-10 PM for Level 1 • Learn an effective yet spiritual art of self-defense and protection used by the Malay people and Indonesians of Southeast Asia. Cost is \$20 per week. Call 313-930-9807 or 313-930-9963.

Pencak Silat Women's Self-Defense Class with Guru Leonardo Stoute • Saturdays at 11 AM, Sundays at 7 PM • Specially designed class to improve your skills and teach you how to effectively utilize objects, sticks, poles, etc. as defensive weapons to protect yourself. Learn a martial art from Indonesia and Malaysia. Cost is \$15 per class, \$150 for 8-week course. Call 313-930-9963 or 313-930-9807.

Changquan (Long Fist), Bajiquan (Eight Infinite Style), and Hsing-Yi Sword with the Great Lakes Wushu • Monday and Thursday evenings, Saturday mornings • Instruction provided in traditional Northern Chinese Kung Fu. Cost is \$55 per month, \$45 for students. Call 313-994-5980.

Beginning Class in Chen Style Tai Chi Chuan with the Great Lakes Wushu • Four-month session meeting Monday and Thursday evenings and Saturday mornings. Classes begins May 1 • Class includes basic stance training, development of chan si jin (silk reeling energy), 36 movement form. Ongoing classes in Tai Chi also offered. Cost is \$55 per month, \$45 for students. Call 313-994-5980.

Tai Chi Classes with Wasantha Young of the Peaceful Dragon School of Tai Chi Chuan • Call Wasantha Young for information about the following classes at 313-741-0695.

• **Introduction to Chi Kung • May 17, 2-3:30 PM •** Chi Kung is a type of Chinese Yoga and is a system of exercises in meditation, internal energy breathing techniques, imagery, self-massage, and movement that helps maintain health of our bodies. Cost is free.

• **Young Adult Summer Camp: Tai Chi Chuan • July 8-31, Tuesdays and Thursdays, 9-11 AM •** This class is designed to give teenagers ages 14-17 a balanced understanding of the different aspects of Tai Chi Chuan, including Form, Chi Kung, Push Hands, and Application. Cost is \$110. Discount by June 15.

• **Adult Summer Camp: Tai Chi Chuan • July 7-30, Mondays, Wednesdays, and Fridays, 8-9 AM or 5:30-6:30 PM •** Tai Chi Chuan is an Integral style of Martial Arts that concentrates on the integration of internal energy with the mind and body. Its graceful movement relaxes the body and strengthens concentration, balance, and well-being. Classes will be held outdoors, weather permitting, and will meet three times per week. Cost is \$160.

• **Adult Summer Camp: Chi Kung • July 8-31, Tuesdays and Thursdays, 7-8 AM •** Enjoy learning Chi Kung in the more traditional style. See above for description. Class will be held outdoors, weather permitting. Cost is \$110.

• **Tai Chi Staff Form • June 13 and 20, 6-8 PM •** The staff represents the element wood. This form is quicker and shorter than the TCC form. Students must have some background in TCC. Cost is \$50.

Shaolin Strength Training with Michael Gillespie • Tuesdays, 7:30-9:30 PM • Self-defense students can choose various forms of strength training for muscular development, endurance or chi-gung. Excellent cross-training for bodybuilding, swimming, and track or to relieve stress. Cost is \$10 for general, basic class; advanced training costs vary. Call 313-528-9223.

Storytelling reveals meaning without committing the error of defining it.

—Hannah Arendt

Tarot

Tarot and Psychic Development I with Mateyo • Six-week sessions: Tuesdays, May 6-June 10, June 24-July 29 or August 5-September 9 at 7-10 PM • Explore your talents by using the Tarot and other oracles in a small class. Have fun while getting good results in the first of a series leading to professional-level expertise. Personal growth is also facilitated. Cost is \$125-185 sliding scale. Call Mateyo at 313-663-5505.

Tarot and Self-Esteem for Girls Ages 11 and Up with Mateyo • Six Wednesdays, June 25-July 30, 7-9 PM • For complete information, see heading under Kids and Young Adults.

Therapy and Support Groups

Divorce and Beyond Workshops at Soundings: Center for Women • July 9, 16, 23, and 30 at 7-9 PM • Overview of divorce; financial survival; alimony, property settlement and mediation; and parenting issues and Friend of the Court. Local attorneys, therapists, and other professionals present valuable information and support to assist women through divorce. Cost is \$25 per workshop, \$75 for all four. Call Soundings at 313-973-7723.

Divorce and Beyond Support Group with Lynne Lande of Soundings • Wednesdays, May 7-June 25, 7-9 PM • Information and resources for coping with any stage of the divorce process. We offer information and support to women in a safe environment. Cost is \$150, some scholarships available. Call Soundings at 313-973-7723.

First Fridays: A Group for Women Therapists at Soundings • May 2, June 6, July 11, August 1, 2:30-4:30 PM • Working in the field of mental health can be both invigorating and exhausting. Come together with other therapists in a safe and supportive place for networking, case conferencing, and an occasional presentation. Small fee to cover refreshments. Call Soundings at 313-973-7723.

Circle of Sound for Grieving and Loss Support with Kathleen Moore and Roberta Wigle-Justice • This circle of sound is for those experiencing a significant loss in their lives from death, dissolution of a primary relationship, etc. People in the circle use voice, music, movement, and imagery to explore, experience, express, and move toward resolution of feelings and thoughts. Organized around therapeutic goals and needs of participants. All music backgrounds welcome. Cost is \$25-30 per circle. Call Kathleen at 313-668-8146 or Roberta at 313-529-5298.

Stage II Recovery with Cynthia Gormley • Every other Wednesday, 7:30-9 PM • A six-week introductory, experiential group offering tools for transforming difficulties that persist after years of recovery. Cost is \$150 for six weeks. Call Cynthia Gormley at 313-930-1858.

Women Survivors of Sexual Abuse with Lisa Wolf • Wednesdays, 5:30-7:30 PM • This treatment group explores the trauma of sexual abuse and the impact on the lives of the group. While our specific focus is on healing from sexual abuse, group members often deal with relationship concerns, work problems, death, divorce, current and old pain, present and past anger, and self-confidence issues with the intent to reclaim their lives and experience life beyond abuse. Discussion, disclosure, and processing of memories/sensations related to abuse, emotional release work, and experiential exercises are some treatment interventions used. Cost is \$35 per session. Call Lisa Wolf at 313-930-0864.

Be happy. It's one way of being wise.

—Colette

The Crazy Wisdom Calendar

Proud To Be Me: A Self-Esteem Workshop for Women with Dale Crayne of Soundings • Mondays, June 2-July 7, 7-9 PM • Learn how to deal with your toughest critic - yourself! Through self-awareness exercises, affirmations, and supportive, group discussion, explore ways to increase your self-esteem and personal growth. Cost is \$60-120 sliding scale. Call Soundings at 973-7723.

Retreat for Women Healing from Childhood Wounds with Carol A. Plummer and Carol Sullivan • Friday, May 2, 7 PM through Sunday, May 4 • A healing weekend focused on resolving childhood pain and ridding oneself of shame. Activities include group and individual work, art and movement, and symbolic work. Cost is \$280 for 2 nights, 5 meals, workshop materials. Call Carol at 313-994-1253.

Wholistic Health

The Science and Practice of Iridology with Cindy Klement • Tuesdays, June 2-August 5, 7-9 PM • Ten-week class to learn more about Iridology. Photos of your iris will be taken for further personal study. All classes will include video or slide presentation. A very exciting class and very popular. Certificate upon completion. Cost is \$175. Call Cindy Klement at 313-975-2444.

A New Health for a New Age with Sandra Shears, Teresa Antonia Broccoli, and Rebecca Smith • Wednesdays, 7:30 PM • Traditional ideas about what heals are changing. There is a trend emerging towards the alternative that brings new promise to health care. Find out how you can change your health through direct energy work and nutraceutical technology. Cost is free. Call 313-994-0047.

Yogic Management of Allergies with Ema Stefanova • May 17, 7 AM • Hatha yoga purification practices introduced, demonstrated, and practiced will be the emphasis of this workshop. Cost is \$45. Call Ema Stefanova at 313-665-7801.

We can avoid the trap of equating our spiritual state with how we feel mentally or physically. Feelings come and go; they are dynamic. There is a peace that sometimes comes from the experience of our true spiritual nature, but at other times we feel nothing at all. Keeping a distinction between how we feel and what we are doing spiritually is a basic tool. A better measure of your spiritual path is your intention, not how you are feeling in the moment, but where you are aiming in the moment.

—Jonathan Ellis

Wicca

Finding Your Magickal Path I with Mateyo • Fridays, May 9-June 13 or Fridays, August 8-September 12 or Thursdays, June 26-July 31 at 7-11 PM • A more intensive introduction to psychic exploration than her Tarot class, as well as projecting energy outward. This first in a series on Living a Magickal Life includes creating sacred space, shamanism, healing, trance states, and raising energy for solitaires and groups. Cost is \$150-210 sliding scale. Call Mateyo at 313-663-5505.

Basic Witchcraft with John Morris • Second and fourth Saturdays of each month, 6 PM • Informal discussions and demonstrations of the Old Religion of Europe. Newcomers are especially welcome, as well as those experienced in the Craft of the Wise. Our approach is inclusive and is not confined to a single tradition or organization. Starhawk's book, *The Spiral Dance*, is recommended reading. Cost is free. Call John Morris at 313-665-3522.

Wilderness Awareness

Crazy Wisdom Bookstore Local Lecture Series: Learning from Wilderness with Patrick Munson • June 6, 8 PM • Dr. Munson will be sharing his experiences living the philosophy of Stalking Wolf, one of the last Lipian Apache Scouts, as handed down through Tom Brown, Jr. Inside a philosophy lived and taught by Stalking Wolf is the essence of Chopra's infinite potentialities, Ken Carey's bird tribes, and Neal D. Walsch's conversations with the Creator. Tea is served at 7:30. Cost is \$3 donation. Preregistration is not required. Call Crazy Wisdom at 313-665-2757.

Walking in Spirit with Patrick Munson • August 19-23 • Life is understood as matter infused with Spirit. Spirit is the essential being of a person, the energy driving the physical. Good health and vitality in life depends on Spirit communicating with the physical. Walking in Spirit is learning to walk in consciousness of this force of essential being. Cost is \$250. Call Patrick Munson at 313-995-4327.

Wild Heart: Animal Tracking and Wilderness Awareness with Patrick Munson • July 22-26 • Sharpen and extend awareness through the five natural senses, instinct, and beyond. Learn to see more wildlife and to read to language of the Earth. Cost is \$235. Call Patrick Munson at 313-995-4327.

Wild Heart: Wilderness Living for Young Adults with Patrick Munson • June 24-28 • For complete information, see listing under Kids and Young Adults.

I refuse to be intimidated by reality anymore. What is reality?
Nothing but a collective hunch.

—Lily Tomlin

Womanspirit

On Being a Woman: Her Essence and Spiritual Legacy for the World with Brenda Morgan • July 18-20 • A three-day retreat for women wishing to deepen and enrich who they are, body, mind, and spirit. Become your true bodily presence, awaken conscious intuition and expression, and unveil your spiritual heritage. Cost is \$275. Call Susan Fancy at 313-665-0536.

Life 101: Explore the Wisdom within from a Spiritual Perspective with Dale Crayne of Soundings: Center for Women • Tuesdays, June 3-July 8, 6-8 PM • Join us for a six-part series on life as change, loss as opportunity, forgiveness, making peace, life purpose, and living with joy. Group discussion and self-awareness exercises focus on self-empowerment. Cost is \$120. Call Soundings at 313-973-7723.

Spiritual Development for Women with Ann Schoonmaker • Thursdays, 10 AM-12 PM • Ongoing women's study and support group focused on the practical application of various books in the holistic field, such as those by Caroline Myss and Deepak Chopra. Cost is \$1 per session facility fee. Call 313-761-9044.

Woman-Centered Spiritual Empowerment Group: Finding What Works in a Changing World with Ann Richards through Ageless Wisdom • Wednesdays, 7-9 PM • A "growth" group for women of all religions and backgrounds who are seeking meaningful ways to embrace Spirit in a complicated society. New tools for spiritual growth. Cost is \$10 per meeting. Call Ann Richards at 313-981-6670.

Yoga

Kundalini Yoga: The Yoga of Awareness with Gurudarshan Khalsa • Mondays, 7:30 PM • This is an open class of physical exercises, breathing techniques, mantras, meditation, and deep relaxation. Cost is \$5-10 donation. Call 810-541-4834.

Body Rejuvenation with Sekhar of the Practical Psychic Center of Ann Arbor • June 14, Saturday, 11 AM-1 PM • Using yoga methods, Sekhar will instruct and demonstrate techniques for the body's rejuvenation. Wear comfortable clothing and bring a blanket, towel or mat. Cost is \$15. Call 313-996-5501.

Traditional Hatha Yoga with Laurie Blakeney • Ongoing • Classes of all levels expertly taught in the Art and Science of Hatha Yoga. Students learn the technique required for a safe and satisfying home practice of postures and breathing exercises. Price varies depending on program. Call Laurie Blakeney at 313-663-7612.

Kripalu Yoga: Beginning and Continuing Classes with Jeff McCabe • Mondays, 5:50-7:25 PM, Saturdays, 10-11:30 AM or Tuesdays, 5:50-7:25 PM. New class series starts the week of May 26th • Experience Kripalu Yoga in a friendly and supportive environment. Cost is \$60 for eight-week series. Call Jeff McCabe at 313-662-9406.

Yoga Course with Sukha Murray at the Zen Buddhist Temple • Tuesdays, 7:30-9 PM starting May 20 • Cost is \$50 for six weeks. Call 313-761-6520.

I came from brilliancy
and return to
brilliancy.
What is this?

—Zen poem



Laurie Blakeney has been teaching yoga for eighteen years.

Ageless Yoga with Donna Pointer through the Ann Arbor Senior Center • Tuesdays starting May 13, 1 PM or 2:30 PM; Wednesdays starting May 14, 8:30 AM • Gentle yoga classes especially tailored to the needs of seniors or those with disabilities, using Iyengar therapeutic yoga methods. Twelve-week class is limited to 16 participants. Minimum age 55. Call the Ann Arbor Senior Center for cost at 313-769-5911.

Mixed Level Iyengar Yoga with Donna Pointer through the Yoga Iyengar Style Studio • Mondays, starting May 5 or Tuesdays starting May 6, 5:45 PM or 7:30 PM • Taught in the Iyengar tradition, with class content tailored to individual students in a fully-equipped Iyengar studio. Cost is \$120 for twelve-week session. Call Donna Pointer at 313-662-5026.

Yoga Stress Management with Ema Stefanova • May 18, 11 AM; July 6, 9:30 AM • Dynamic yoga practices with breath awareness, concentration, relaxation, and meditation will be introduced and practiced. Call Ema Stefanova for cost at 313-665-7801.

Early Morning Meditation and Yoga Class with Ema Stefanova • Mondays-Thursdays, 6:30-7:45 AM, starting in May • Give yourself an early yoga and meditation start and gain energy to last throughout the day. Dynamic yoga and meditation practices will be introduced. Call Ema Stefanova for cost at 313-665-7801.

Ongoing Yoga Classes with Ema Stefanova • Sundays, 5 PM and Tuesdays, 6 PM • This is an integral yoga class. We do a wide variety of postures, pranayam ("breathing" practices), energy locks (bandhas), concentration, meditation, and deep relaxation. Cost is \$95. Call Ema Stefanova at 313-665-7801.

Yoga and Sports with Ema Stefanova • May 19, Tuesday, 6:30 AM or May 25, Sunday, 2 PM • You will learn how to incorporate yoga in your sport routine. Balancing these two can result in a life of balanced external and internal strength, health, and happiness. Cost is \$35. Call Ema Stefanova at 313-665-7801.

How Many Different Yogas Are There? Which One Would Be Good For Me? with Ema Stefanova • End of May, June, July • A series of lectures and workshops on the origin and classification of yoga practices. The history, philosophy, and principals of different kinds of yoga will be explained as well as the prerequisites for a successful yoga and meditation practice. Choosing yoga to suit your own temperament will be the focus of this series. Call Ema Stefanova for cost at 313-665-7801.

Monthly Yoga Retreat with Ema Stefanova • May, June, July, August • Yoga intensive begins Saturday afternoon or evening through Sunday at noon. Call Ema Stefanova for cost at 313-665-7801.

Yoga for Children Ages 7-9 with Ema Stefanova • Weekdays and Weekends in May • For complete information, see listing under Kids and Young Adults.

The purpose of life is to receive wise and happy thoughts from every corner of the universe.

- Deepak Chopra

Summer Session Yoga through Inward Bound Yoga Program • June 2-July 26 • Various levels and instructors as shown in below classes. Cost is \$56, \$48 if taken another class through Inward Bound, unless otherwise specified. For more information, call Barb Linderman at 313-971-8562.

• **Yoga Level I with Martha Laatsch • Tuesdays, June 3-July 22, 7:30-9 PM •** Designed for students new to yoga. Focuses on the basic standing, sitting, and supine positions, with introduction to breath awareness. Also suitable for students recovering from injury or illness who require a gentle approach to postures. Call Martha Laatsch at 313-930-0408.

• **Yoga Level I-II with Cathy King • Mondays, June 2-July 21, 6-7:30 PM or Saturdays, June 7-July 26, 10:15-11:45 AM •** Continued exploration of the beginning poses, while building strength, stamina, and balance. Beginning inversions are introduced. Call Cathy King at 517-592-8017.

• **Yoga Level II with Lynette Smith • Wednesdays, June 4-July 23, 5:45-7:15 PM •** Refinement of the basic postures. Attention to backbends and inversion increased. Deepening focus on breath awareness. Call Lynette Smith at 313-995-0741.

• **Yoga Level II-III with Cathy King • Mondays, June 2-July 21, 4-5:45 PM •** For continuing students with a firm grasp of yoga fundamentals. Broadens experience in the inverted poses and backbends. Call Cathy King at 517-592-8017.

• **Yoga Level III with Martha Laatsch • Tuesdays, June 3-July 22, 5:30-7:15 PM •** For those prepared to work intensively in forward bends, twists, backbends, and inversions. Advance practice in coordinating strength, flexibility, balance, and mental awareness. Call Martha Laatsch at 313-930-0408.

• **Astanga Yoga with Jonathan Tyman • Ongoing Saturdays, 8:15-10 AM •** Based on the classical Primary Series of sun salutations, standing poses, forward bends, and inversions. For experienced students. Cost is \$7 per class. Call Jonathan Tyman at 313-996-4549.



• **Wake-Up Yoga to Music with Barb Linderman • Ongoing Wednesdays, 7:30-8:30 AM •** This series of sun salutations and standing postures builds vitality and strength. Class concludes with restorative poses and savasana. Cost is \$5 per class. Call Barb Linderman at 313-971-8562.

• **Postures to Sacred Music with Barb Linderman • Thursdays, June 5-July 24, 4-5:45 PM •** For experienced students, this class offers sequences of yoga postures integrated with chants and other sacred music. Especially appropriate as a supplement to a regular yoga class. Call Barb Linderman at 313-971-8562.

• **Postures to Sacred Music Workshop with Barb Linderman • June 1, 1:45-3:45 PM •** Combining asana series with the harmonizing and healing effects of sacred music, encouraging fluidity, grace, and an even flow of breath. Cost is \$15. Call Barb Linderman at 313-971-8562.

• **Energy Body Yoga Workshop with Lynette Smith • May 4, 1:45-3:45 PM •** A workshop drawing from the teachings of Richard Miller. Posture work will focus on the energy body, breath, and the use of yoga mudras. Cost is \$15. Call Lynette Smith at 313-995-0741.

• **Yoga, Dance, and Natural Movement Workshop with Cathy King • July 13, 1:45-3:45 PM •** Joy of movement expressed through yoga sequences to contemporary music, simple dance patterns, and explorations in experiential anatomy. Cost is \$15. Call Cathy King at 517-592-8017.

Beginning and Intermediate Yoga Classes with David Rosenberg through the YMCA and Ann Arbor Public Schools • Ann Arbor Public Schools: Tuesdays at 6-7:30 PM or Saturdays at 9:30-11 AM. YMCA: Thursdays at 4 PM, Sundays at 12:30 PM or 2:15 PM. (YMCA sessions start in early May and then again at the end of June) • Using beginning yoga poses, we develop strength, flexibility, and balance. Wearing shorts and t-shirt, we work barefooted. Yoga mats and props are provided. Call David Rosenberg at 313-662-6282, AAPS at 313-994-2300 ext. 233, YMCA at 313-663-0536.

Teachers, Workshop Leaders, and the Centers

Betsy Adams has 20 years experience working with animals, in the home, kennel, veterinarian's office, and in wildlife rehabilitation. She has thirty years of background in the biological sciences, and she is a Reiki Master and homeopath.

Natalie and Rudy Aguirre have been students in the Kriya Yoga tradition for over ten years, and have offered meditation instruction for a number of years.

Milton Albecht is a Certified Massage Therapist, and was the first Bowen Technique instructor in the United States.

Ted Andrews is the author of fifteen books and he has a national reputation as an author, storyteller and mystic. His books include: *Dream Alchemy*, *Sacred Sounds*, *Simplified Magic*, *How to Heal with Color*, *Enchantment of the Faerie Realm*, and *Animal-Speak: The Spirit and Magical Powers of Creatures Great and Small*.

Khita Austin, CMT, a Certified Rolfer, has been in private practice as a Rolfer for seven years and a bodyworker for nine years. She is a trained practitioner in the exercise rehabilitation techniques of Joseph Pilates. Her work is also influenced by her extensive and ongoing training with an elder in the Hohenosaunee medicine tradition.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolfing in San Francisco for 12 years, and he's also studied craniosacral therapy. His work has also been informed and influenced by five years of training in Bodydynamics, a body-oriented psychotherapy.

Judith Banker, MA, is the director and co-founder of the Center for Eating Disorders. She is also the owner and director of The Therapy Center of Ann Arbor. She has over 20 years experience in the clinical treatment of eating disorders, as well as program development and administration.

Rose Beres is a Reiki Master and intuitive healer. She is the owner of a new business in Plymouth, Michigan, called *Ageless Wisdom*. The business' purpose is to restore physical, emotional and spiritual balance.

Laurie Blakeney is a senior certified Yoga instructor with 18 years teaching experience & extensive training in India.

John Bodary is a Registered Polarity Practitioner, a teacher and a psychotherapist. He currently directs the Polarity Center in Dearborn, where he teaches Dr. Stone's Polarity Therapy.

Teresa Antonia Broccoli, MSW has over 17 years experience as a holistic health care worker, educator and counselor. Her alternative private practice includes spiritual counseling, energy healing and intuitive guidance.

Patty Brennan is a midwife and health educator with thirteen years experience working with pregnant women and their families. She is co-author of *Guide to Homeopathic Remedies for the Birth Bag* and producer of the homebirth video *Trusting Nature: Today's Traditional Midwife*.

Barbara Brodsky is the founding teacher of Deep Spring Center. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972, (which is a long time!) Her current workshop emphasis is on unconditional love and opening the heart space. She also maintains a hypnosis and spiritual counseling practice.

William Buhlman is a leading expert on the subject of out-of-the-body experiences. His book, *Adventures Beyond the Body*, is the first complete guide to self initiated and controlled out-of-body experiences. Buhlman is a certified hypnotherapist.

John Caldwell, MSW is a family therapist.

Pauline Cart has been a massage practitioner since 1959, and has been working as a healer for many years.

Kapila Castoldi, director of the Sri Chinmoy Centre of Ann Arbor, has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over 11 years. For the past seven years she has lectured on meditation and spiritual practice throughout the Midwest and in Ontario.

Dale Crayne, MA has been a teacher and consultant for more than 15 years. Her private practice involves personal growth from a spiritual perspective. Issues related to self-esteem, life transitions and life purpose form the focus of her work.

Crazy Cloud Dharma Center is a center teaching from the non-monastic, Ngakphang, style of Tantric Buddhism.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher.

Hava Jean Delgado founded & has directed Paradigm in all its models, from Paradigm Dance Theatre, to Paradigm Center for the Arts, to its present model, Project Paradigm. She has taught, choreographed & performed dance in many forms for 30 years. For the last ten years, she has pursued movement as therapy.

Nancy Denenberg is a physical therapist and Certified Feldenkrais Practitioner®. She has been teaching the Feldenkrais method of Awareness through Movement since 1987 in Japan, California and the Ann Arbor area.

Jeffrey Duvall is co-founder and co-director of the Men's Council Project of Boulder. He is a certified massage therapist, an elder in two men's councils and a wilderness journey guide. He facilitates workshops for celebration and empowerment of manhood, personal mythology, creative expression, communication, healing and ritual.

Jonathan Ellis, a former co-owner of Crazy Wisdom Bookstore, has been leading individual and group retreats for many years. His initial training was with the Jesuit religious order and he later developed a broad approach to spirituality in a variety of settings. Jonathan is not now linked with any one spiritual group but draws ideas from many sources. He is currently a contributing editor for *Deepak Chopra's Infinite Possibilities*, a national newsletter.

Mateyo Empie has studied the theory and practice of healing, magick, shamanism and psychic development for 25 years and taught these subjects for the last 12. Wicca and Inka shamanism are her primary influences.

Chuck Farhat is a certified hypnotherapist in private practice and President of The Family Dynamic Learning Center. He has studied with John Bradshaw.

Linda Diane Feldt, RPP, NCTM is an experienced holistic health practitioner. She is a Registered Polarity Practitioner and is Nationally Certified in Therapeutic Massage and Bodywork. A student of the healing arts since 1973, Linda Diane has had a full-time private practice since 1981, seeing clients and teaching both nationally and locally. She is now nationally recognized in the field of bodywork, and she serves on a number of national boards. In addition to numerous articles, she is the author of the book, *Dying Again: thirteen years of writing and waiting*, and the video and manual, *Massage: Learning to Give and to Receive*. She is currently at work on her next book, which will be about ethics in the bodywork profession.

John Friedlander is a nationally recognized psychic teacher, reader, channeler. He co-authored *The Practical Psychic*. He studied with Lewis Bostwick, founder of the Berkeley Psychic Institute and was part of the original Jane Roberts Seth group. He graduated from Harvard Law School and practiced law for over a decade.

Norma Gentile, BM, MM is a professional singer and trained auric healer who specializes in the music of Hildegard von Bingen. Her concerts, workshops and recordings reflect her passion in bringing music from the inaudible realms into the physical world for healing purposes. Her latest CD of Hildegard's music, *Unfurling Love's Creation* is now available on Lyrichord Discs, and can be found in the Music section at Crazy Wisdom Bookstore.

Nanci Rose Gerler is a psychic, channel and intuitive healer. Her practice, Crystal Clear Expressions, is located in Ann Arbor. A "full-service psychic", she does psychic readings for personal and spiritual growth, and she channels messages from Masters, guides, angels and loved ones.

Michael Gillespie has studied various Chinese martial arts since 1972 and has lived in Ann Arbor since 1984.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. In addition to his studies with other Reiki Masters, other important teachers include Dennis Adams, Olga Misserva, Dr. Dan Casriel, John Friedlander and Barbara Brennan. He has studied Esoteric Healing, nutrition, Touch For Health, channeling, Zero Point Process Therapy, and is also a teacher with the Ann Arbor Practical Psychic Center.

Cynthia Gormley, MSW has eleven years of experience as a psychotherapist and eight years of experience working with 12-step recovery programs. For the last six years she has been intensively studying a spiritual path.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

James Hackett is an instructor at the Chicago School of Massage Therapy.

Gunn Hollingsworth is a Seer, Pipe Carrier and Spirit teacher of the Mohegan tribe; a descendant of the Sachems (chiefs) and tribal medicine people. The gift of prophecy runs in his family, the Tantaquidgeon clan.

Nina Howard, CMT, studied massage therapy at the International School of Professional Bodyworkers in San Diego, is a Polarity Therapist, and is a certified trainer of the Belavi Method of Facial Massage. She has also spent time in Chiang Mai, Thailand, learning ancient Asian healing techniques.

Inward Bound consists of **Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman**. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. **Barbara Linderman** is the program director of Inward Bound.

Ilsang Laurie Jackson is a dharma student at the Zen Buddhist Temple.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Anita Jones is a certified myomassologist and storyteller. She is also known as "Ruby Woods," a performance poet. Jones is a former dentist.

Esther Kennedy, OP is a member of the Adrian Dominican Sisters, a therapist in private practice and a workshop presenter. She recently returned from a year of study in Indonesia, where she pursued the universal wisdom of Eastern spiritual traditions. She has a compelling interest in myth and story as key to healing and celebrating life.

Gurudarshan Khalsa is a co-founder of the Detroit Men's Wisdom Council and has been active in men's work for many years. He is a holistic family physician, a yoga teacher for 25 years, a father, a playful trickster, and a pretty mean dancer.

Robert King is an instructor at the Chicago School of Massage Therapy.

Cindy Klement is a certified iridologist, nutritional consultant, herbalist & health educator practicing for nearly 17 years. She is featured frequently on TV, radio & in the Detroit News.

Rob Koliner, D.C. practices Network Chiropractic Spinal Analysis in Ann Arbor, Lansing and Albion. He graduated with honors from Sherman College of Straight Chiropractic. He's been studying Network Spinal Analysis for five years with its founder and developer, Dr. Donald Epstein.

Arlene Kosmatka, an Adrian Dominican Sister, is involved in the ministries of spiritual direction and retreat work. Her previous research and thesis "Is Everyone Called to be a Mystic" has led her to give retreats on 20th century mystics.

Lynne Lande, MSW, DCSW is a clinical social worker who has been involved with Soundings since 1982. She is the originator of the Divorce & Beyond program and has led many divorce recovery support groups. She believes in women working together to develop strength and courage to move ahead with their lives.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Paula M. Lund, from Chicago, Illinois, is a trance channel with a strong background in yoga, meditation and astrology. She does home visits and house blessings.

Laura Machida has been in private practice for 27 years, doing myomassology training, AMTA sports massage, and Corenergetics.

Richard Mann, Ph.D. is Professor Emeritus of Psychology at the University of Michigan and teaches in both Psychology and the Program on Studies in Religion. He has published four books on group dynamics and personal development.

Laura Massaro, MA has twenty years experience with music, the arts and healing. She is a facilitator for *The Artist's Way* as well as for creative writing groups. She also teaches songwriting, both privately and at Washtenaw Community College. She has a special interest in working with children.

Sebastian Matthews is a writer and writing teacher. Matthews has taught creative writing at the University of Michigan and composition at Washtenaw Community College and Access International Language Institute. He has led numerous writing workshops in high schools and prisons, and for private groups.

Jeff McCabe is a certified Kripalu Yoga instructor.

Sue Webster McDonald, ACSW is a therapist, artist, and experienced *Artist's Way* group leader. She follows the practices described in the book.

Stephen McLean, DC has been a chiropractor in Ann Arbor for sixteen years. He is a trained facilitator in Somato-Respiratory Integration.

Leslie Mikaelis - See listing under "Jacobie Roberts."

Majida and Siddiq Middlebrooks have been students of Sufism and the Dances of Universal Peace for 14 years.

Glenn Miller, D.C. graduated from Palmer College of Chiropractic in 1969, and has been practicing in Ann Arbor for 28 years. He has certifications in Neuro Emotional Technique and Contract Reflex Analysis, and has studied kinesiology, acupressure, nutrition and meridian therapy.

Richard Miller has 20 years experience in traditional Chinese martial arts. He trained in Taipei from 1978-1979 and also at the Adam Hsu Kung Fu School in San Francisco from 1979-1991. He established the Great Lakes Wushu in 1992.

Kathleen Moore, MT-BC is in private practice as a certified music therapist, vocalist, percussionist, and voice teacher, with 15 years of experience. She is writing and lecturing in the developing field of voice therapy. She also teaches music theory and composition at the U of M Residential College.

Brenda Morgan, Ph.D. feels herself to have been blessed with intuitive and psychic gifts. These arose during her spiritual unfoldment in which "the Truth Within" was Realized." She is a "bridge between human and spiritual evolution, helping catalyze the release of blockages to such growth."

John Morris, Ph.D. has seven years experience in shamanic workshops, 40 hours of training at the Institute for Shamanic Studies, and is a Philosopher & Wiccan priest.

Mulberry Farm is a Light Center dedicated to spiritual practice and community.

Rebecca Mullen, MSW has over 20 years of experience at the University of Michigan doing psychological counseling of students. Her background includes Gestalt work, breathwork with Stan Grof, and Jungian dream work.

Patrick Munson, MD is an emergency room physician in Chelsea, a sculptor, and co-founder of Wild Heart, which offers classes in wilderness living, awareness, and philosophy.

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization and has been teaching for 20 years. She has been a Dharma Teacher, and the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She has taught introductory meditation, and led retreats locally and in Toronto & Chicago.

Jesse Nichols has a performance degree in Music, is a Certified Feldenkrais Practitioner, and is a 4th Black Belt in Aikido.

Melanie Peelman-Fuscaldo, LPC is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help clients increase their happiness in current or future careers through attention, to body, mind and spirit. She has a passion for counseling and works with each person to connect with her or his inner wisdom.

Phyllis Perry, MSW, CSW is the founder of New Options Counseling. She specializes in careers, education, relationships and relocation. She also works with creative self-expression and journal writing.

Carol A. Plummer, MSW is a local therapist who has worked with child abuse and sexual assault issues for over twenty years.

Donna Pointer is an intermediate-level, certified Iyengar instructor. She has been teaching since 1975. She was trained at the Iyengar Institute in Pune, India, where she has undergone personal training with B.K.S. Iyengar.

Teachers, Workshop Leaders, and the Centers

(Continued)

Hans Posselt, Ph.D., is an environmental professor & activist.

Practical Psychic Institute — The faculty: **John Friedlander** (see listing under "Friedlander"); **Diane Evans** is a public school educator and personal growth counselor. She is NLP certified with a focus in belief identification and modification. Diane does psychic and channeled readings; **Ray O. Golden** (see listing under "Golden"); **Brian Greminger** has been studying various forms of shamanism and healing for over a decade; **Sue Remington** is an artist, public school teacher, and channeler who teaches T'ai Chi; **Sekhar** has studied yoga for some time, and been studying with John Friedlander for the past couple of years.

Pranama (Sri Khepa) is an American-born meditation master who teaches at the Crazy Cloud Hermitage. Pranama offers the powerful practices and skillful means of the great Tantric lineage of Padmasambhava.

Ann Richards, M.S.Ed, LPC has been a therapist for eleven years. She is a student of and facilitator for women's spirituality groups.

Jesse Richards' wholistic vocal training is the synthesis of her life long study of voice, human development, spirituality and dance. She has taught voice privately for 15 years, as well as toured nationally giving workshops on freeing the voice. She has released 8 recordings of original music on the ISIS label and is the Artistic Director of the performing arts ensemble Sister Earth.

Kyabje Gelek Rinpoche is an incarnate Tibetan lama. He is the founder of the Jewel Heart Tibetan Buddhist community, and he has graced the Ann Arbor area with his presence now for a number of years.

Jecobie Roberts and Leslee Mikels travel as a team from coast to coast conducting seminars. They are both teachers and channels. Their backgrounds include psychology, Native American spiritualism, healing and energy work.

Rebecca A. Roberts, RN, MSW is a holistic health care practitioner and therapist. She specializes in career counseling, group facilitation and workshops. Her emphasis is on the exploration of meaningful work through the use of creativity, spirituality and typology.

David Rosenberg has been teaching Yoga in the Iyengar tradition since 1993, and is certified. Not too long ago he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist.

Mary Beth Rossiter has been working with Reiki for twelve years and has recovered from late stage cancer using reiki and other holistic therapies.

Kathleen Schanz, OP is a member of the Adrian Dominican Sisters. She is presently the Director of Weber Center. For many years, she has worked with a variety of groups in creating and facilitating rituals.

Ann Schoonmaker, Ph.D. received her doctorate in theology from Drew University, and has also received clinical training at Blanton-Peale in New York City. She has been exploring the rich territory of transpersonal psychology and spirituality for over 30 years. She is the author of *Me, Myself and I: Every Woman's Journey to her Self*, as well as *The Devil with James Bond*.

O. Andrew Schreiber, a percussionist for 24 years, has studied world rhythms since childhood. His workshops cover a wide range of rhythmic knowledge, including African and Caribbean rhythms, rhythmic games, and healing.

Sara Schreiber Ph.D. has a doctorate from the University of Michigan in Counseling Psychology. She has extensive Psychodrama training with Dr. Jacob Moreno, & also in off-Broadway improvisation & theatre. She is in private practice in Ann Arbor.

Nicki Scully works intensively in the fields of metaphysics and healing. Her workshops involve shamanic journeys and initiatory processes that focus on healing.

Sandra Shears is a spiritual healer and counselor. She is a channel "guided by the Higher Communities of Light, offering an accelerated process for becoming Soul."

Matruka Sherman, MSW has been a professional astrologer since 1973 & is a member of the NCGR & AFAN. She has been in private practice for over 20 years & teaches both group & private instruction. She also teaches meditation.

Shining Lakes Grove is the local branch of *Ar nDraiocht Féin (ADF)*. ADF is reviving the practices of the Indo-European peoples in a manner suited to modern needs and sensibilities.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor.

Rebecca Smith has been involved with health, fitness and nutrition for 20 years and spiritual growth for 12 years. Her goal is to enhance the quality of life for herself and those around her by tuning into her inner self for guidance.

Leah Song, MA, is a body-centered psychotherapist in private practice in Ann Arbor.

Nancy Steel is a Reiki Master & practitioner, musician, teacher and mother of two. She has 20 years experience teaching all ages — kindergarten through college in public institutions throughout the country. She teaches traditional Usui Shiki Ryoho Reiki and is a member of The Reiki Alliance.

Emma Stefanova has taught yoga and meditation in Europe and the United States since 1979.

Donna Steffen, SC is a spiritual director who has been involved in the training and supervision of spiritual directors. She leads retreats and works with groups out of her own experience of body and quest for wholeness. She is also trained in Reiki.

Judy Stone, MSW, CBT is a Certified Bioenergetic Therapist and is the Director of Feeding Your Whole Self™. She has specialized for the last 17 years in working with the integration of emotion and body, particularly as it relates to relationship with food issues and nutrition. Judy offers groups, workshops, individual psychotherapy and nutritional consultations.

Carol Sullivan, MA has written extensively on dealing with shame.

Debbie Taylor is a Certified Hypnotherapist, with training in medical hypnotherapy. She has a B.S. in Psychology from Wayne State University. She is a member of the International Medical and Dental Hypnotherapy Association.

Villabeth Taylor is a Certified Massage Practitioner and a Certified Trager Practitioner. She has practiced therapeutic massage and The Trager® Approach in the Ann Arbor area since 1979.

Jeanie Wayker has been involved with the Gurdjieff-Ouspensky *Fourth Way School* for many years.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Leonardo "Khaalid ibn Waleed" has over 25 years of experience in the arts and in various ethnic cultures of southeast Asia. He is a humble servant and student of Grand Shaykh Muhammad Nazim Adil, Grand-Mufti of Cyprus and worldwide leader of Naqshbandi Tariqat, as well as a student of Mawlana Shaykh Muhammad Hisham Kabbani of the Most Distinguished Naqshbandi Sufi Order.

Suzy Wienckowski is a Reiki Master & practitioner, & a registered massage therapist with 16 years of experience in the healing arts. She has taught massage therapy for 9 years at massage schools in Washington, D.C. and Ann Arbor. She teaches traditional Usui Shiki Ryoho Reiki and is a member of The Reiki Alliance.

Roberta Wigle-Justice practices Guided Imagery in Music. She has more than fifteen years experience in the field.

Suzanne Willets Brooks has been blending the arts of teaching, performing and healing for most of her working life. Her background includes a B.S. in Dance, Drama and Education from E.M.U., fourteen years of performing and teaching, and a rich variety of study in the healing arts.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. She has worked with survivors of childhood abuse for 16 years. In addition to her work as a therapist, Lisa is involved with the Pathwork, a contemporary spiritual discipline. She is also a musician and a mother.

Isabelle Yingling has been teaching Bradley Method classes for eight years. She has served as a labor assistant for about two dozen births over that same period of time. She is the mother of five, and a graduate student in Women's Studies.

Betty Younger, ACSW has used and taught "creating skills" for over seven years. She is a psychotherapist in part-time private practice and teaches at Schoolcraft College.

Wasantha Young is the head instructor and director of the Peaceful Dragon School of T'ai Chi Ch'uan in Ann Arbor. She has studied T'ai Chi Ch'uan, Chi Kung, Meditation and Bodywork since 1970. She is a certified Acupressurist and has been dedicated to teaching since 1974.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services.

The Crazy Wisdom Interview -- A Visit with Zen Priest Sukha Murray

Photography by Linda Lawson

Sukha Murray is the Resident Priest at Ann Arbor's Zen Buddhist Temple on Packard. In a time when "Zen" has entered the popular lexicon and means many different things to people, we thought it would be interesting to meet and talk with the genuine article, a Zen teacher and practitioner.

It is hard to convey in a transcript Sukha's spirit and her laughter. Her voice is lovely, gentle and expressive, with a certain Canadian staccato to it. We laughed often during the interview, which took place facing a large picture window on the third floor of the Zen Temple. The window looked out into the branches of a large bare tree, and down onto the snowy backyard of the Temple and the houses and yards of neighboring homes. Sukha had brought up a pleasing tray of blood oranges, chocolates and tea, and it was delightfully sunny in the room.

Bill Zirinsky: Kale is a wonderful vegetable. I really love kale.

Sukha Murray: Me too.

BZ: So the garden is down there?

Sukha Murray: If you see where that little fence is, there is where our property line is, so we have this whole back area and we planted, I would say, a couple of hundred plants of kale and collards that have continued to produce or that have been alright to eat.

BZ: It's a beautiful size garden and a very nice property. I've never looked over the fence.

Sukha Murray: Yes, we just got the outside of our building re-sided. It's yellow.

BZ: I didn't notice that.

Sukha Murray: We had yellow siding put on. Because it used to be grey.

BZ: Yes. Is it wood?

Sukha Murray: Underneath.

BZ: I see.

Sukha Murray: Because the temple is primarily in existence because of volunteers from the very beginning, we just found that we were putting so much time into scraping and painting, and because the building is old it just peels. So we decided, after much agonizing and research, that we should put this yellow siding on. Even the color took some time to choose, and then in the month of November, a company came in and did it. We have a turret, which we took off about thirteen or fourteen years ago and now, I think, we're going to paint it gold, and put it back on, in time for Buddha's Birthday.

BZ: That's wonderful. Was it in the basement all that time?

Sukha Murray: Yes, we had it over our storage area. And so, getting back to the garden, since a lot of the main part of the outside of the building is taken care of, we have an opportunity to really devote ourselves to the garden. So we're going to meet with some young students from the landscape architecture department of the School of Natural Resources to see if they can give us some advice so we can create a more traditional Zen garden as well as keep our organic vegetable garden.

BZ: I imagine that this would be an interesting challenge for some landscape students because they would enjoy



the process of being involved in a Zen garden at a Zen temple.

Sukha Murray: We'll see. We're meeting this Friday. You're seeing it in one of its many phases. It's winter in the garden.

BZ: Yes. It's lovely today because of the snow.

(Pause)... I appreciate that you are willing to let me do this interview. I was anxious coming today, thinking what questions would I ask, and a friend of mine said I should just ask from my own curiosity, so I think I'll try to do that.

Sukha Murray: May I ask you why you would be a little bit fearful. Can I understand that from you?

BZ: Yes. I think probably just two things: one is that the two people I interviewed previously I knew well, so I went in fairly comfortably thinking that I would be able to think on my feet and ask questions intelligently (Both laugh). The second reason is that I want people to find it an interesting interview, and I have a job to do which is to ask interesting questions and so, I think that's my anxiety, right there. Does that sort of answer it?

Sukha Murray: Yes, because, people coming to the temple are often a little bit fearful, because they wonder what's behind the wall, and so I was curious if there was any of that for you.

BZ: Yes.

Sukha Murray: I mean it seems like you had your business and you want to do a good job and so that was your concern.

BZ: Yes, but in particular, coming to the Zen temple I felt

some anxiety, partially because it's behind the wall, and in the many years that I've been in town, I've never come and meditated at the Zen temple, so it's the unknown to me, and also because there is, when I read Zen koans, and when I read a little bit of Zen here and there, oftentimes the Zen teachers can be rather slicing in their answers... (Sukha Murray laughs) Sorry. It puts a greater burden on me not to ask too many foolish questions. My anxiety is greater here because of the Zen temple and because of my respect for the practice of Zen. It did help to just sit downstairs for a few minutes and remember that probably all the words don't amount to that much compared to the actual practice.

Sukha Murray: Yes. That is really the essence of what we're about here. The actual practice — not only the formal practice — but as we take it into our everyday life.

BZ: How did you come to this? Can you tell me something about your own background?

Sukha Murray: I came without knowing what I was coming into. (Both laugh) As a young person in this culture, one would never career-plan to be a Buddhist priest, I don't think.

BZ: No, it's not really one of those things on the career aptitude tests. You answer a certain way, so you're going to be a Zen priest.

Sukha Murray: Well, there really wasn't that much training available. There's not much visibility of Buddhism, at least there wasn't in those days. I started out being a person who was taken to Sunday school by my mom and dropped off. And, somehow, I felt an affinity for it and so from the time I was three or four until I was about twenty-two, I continued to go to the

Anglican church in Canada. I'm from Vancouver, British Columbia, so I'm a resident alien here. (laughter) I went through all the Sunday school classes, and then I taught Sunday school, and then when I got married, I didn't go to church as much any more. And eventually, my husband and I moved to Toronto, and there I began to look around for a church to go to, since I didn't have a job but I did have more time.

BZ: How old were you at the time?

Sukha Murray: Thirty, I guess. I began to learn yoga from a book, looking at the pictures and instructions, and then I decided to take a class, and then I decided to go to a yoga camp, and be trained as a yoga teacher, not thinking that I would be a yoga teacher, but that I just wanted to know yoga more deeply. And so I went to California, and studied with Swami Vishnu Devananda, and then decided to get further yoga training in Quebec, and then went to live in the yoga ashram, actually in several, and virtually practiced Hinduism in the ashram, and did a lot of teaching of yoga; sometimes I would teach as many as fifteen classes a week.

BZ: Which yoga ashrams were they?

Sukha Murray: Sivananda Yoga.

BZ: Out in California?

Sukha Murray: Well, the first was in California. They're all over the world. I think since Swami Vishnu Devananda, who was my teacher, died last year, they haven't been as strong, but when I was doing the training, there were really a lot of Sivananda yoga centers around the country, around the world. So there I was



living in the yoga center in Toronto, and I remembered hearing from one of the yoga center residents about this Buddhist monk who was a couple of miles away. He would go and do meditation retreats with him. It kind of interested me. The person interested me who was the student.

Eventually we saw a poster saying "come in for meditation," on a Saturday morning. We were asked to turn up at five o'clock, to sit from five to eleven. So we phoned and said, "what's going on?" And he said "sitting." And so I said, well OK. When I hung up my partner, to-be-my-husband, said to me, "So what did he say?" I said, "Well, he said they're sitting from five to eleven, and we can go." And he said, "Well, what's sitting?" We didn't know any of that kind of vocabulary, those terms. And so I said, "Well I don't know." And he said, "Well phone him back and ask him." Well, the man had been quite curt. I had the same feeling as you did walking through our gate. A bit anxious. I didn't feel like I wanted to phone him back, you know? (Both laugh) So, anyway, I was at that time, a "yes, sir, no, sir, three bags full, sir" girl, in other words, I always did what I was told. So I phoned again, and I said, "Hi. This is the person who just called. I'm sorry, but you said 'sitting'? What's sitting?" He said, "SITTING. JUST SITTING." (Both laugh) "You have to come to find out."

When I hung up this time, my partner said to me, "Well, what did he say?" And I told him, and he said, "Well, what's that?" and I said, "I'm not phoning back." I felt more and more stupid every time I would talk, you know. We turned up on a motorcycle (we were pretty hedonistic at that time) on Saturday morning at five o'clock. And we sat from five a.m. to eleven. And it was quite an experience. We would have a break every forty-five minutes. Sunim gave a talk about toilet paper at one time. I couldn't make too much out of that talk. And then he had us for tea at eleven o'clock. It seems like we were the only two, although there seemed to be another person there, too, and all the while we had been sitting,

he had been shouting, "SIT UP STRAIGHT!"

Typically, what you would think of as Zen training.

When we finished, Sunim asked, "Well, how was it?" and my partner said, "Excruciating." "That's because you don't know how to sit." He said, "What have you been doing?" We said, "We've been doing yoga. I mean, we do yoga every day, for several hours." He said, "Well, that's not sitting." I actually had felt quite an affinity for it, the sitting facing the wall, hour after hour. It was challenging, but I felt at home. But my partner, who had been an American football player, had excruciating pain in his knees almost the whole time, so we didn't go back for awhile. And then, eventually, we both felt that this was something worthy of further investigation.

BZ: It's a wonderful first story. A wonderful story.

Sukha Murray: ...So we went back and started and there are many stories. I mean I have a lot of stories about training with a Zen master, because it's been eighteen or nineteen years now.

BZ: What was his name?

Sukha Murray: Zen Master Samu Sunim. He's the spiritual director for this organization. I'm still his student. This is kind of a long winding story. After sitting with Sunim for awhile we moved across the street from the little temple which was in the basement apartment on Markham Street in Toronto.

BZ: At that time, was that temple the only temple of that particular order?

Sukha Murray: Yes. We used to go across the street for practice. I had my first child in the apartment across the street. Sunim came over and cut the umbilical cord, and then when we would have our sittings where interviews were involved, my husband would go and sit with him. And when it was my turn for an interview, he would come back across the street, and take care of Karima, our baby, while I would go across the street for an interview. And then, eventually, we all moved into an old house in a really, run-down area of Toronto. It was a flop house. That's all we could afford, and we moved in to fix it up. And I moved in with my husband and Karima. Sunim said, "We've got a lot of work to do. No more reading, no watching TV, no radio. Pay attention to what's in front of you each moment." And so we worked hard, and we practiced meditation every day. Most nights we didn't get done working until eleven or twelve at night, just to get this little temple livable.

BZ: You were creating an additional house for the...

Sukha Murray: Sangha, our community. We had to work to bring money in for our renovation. We did things like paper routes during the night, and drywall pickup on

our first little apartment there, and then we moved into another apartment in the same building, and then we moved into a summer rental, in the student ghetto area. During that period I was still in Toronto at the temple. And then our members had a place at Arrowwood, and so we were there for awhile, and then we found this building.

BZ: Were some of you sent down here to open this?

Sukha Murray: My husband. We had been down looking for a place, because a lot of people had come to Canada looking for Zen training, and we thought, well, we should have a place in the States, and it was appropriate for my husband to come to be near his dad, who was ill.

BZ: So you came eighteen, nineteen years ago.

Sukha Murray: I came in 1982.

BZ: Are there different lineages, so that Samu Sunim is from a particular line of Zen? I have some sense of how it is in Tibetan Buddhism, but no sense of how it is in Zen Buddhism.

Sukha Murray: Well, it's said that Zen started with Buddha, You see, Zen virtually means meditation. So it is "meditation Buddhism." Bodhidharma, an Indian saint, brought Buddhism to China. Because of his emphasis on meditation he is often called the father of Zen. Then some seekers from Korea went up to northern Korea and through Manchuria into China, and trained and then took Buddhism back to Korea. This was in about the fifth or sixth century. It also, a little later than that, went into Japan. And now from the East, from Japan, Korea, and Vietnam, Zen has come to the West. Our lineage is Korean.

BZ: Your teacher, is he Korean? Or is he Canadian?

Sukha Murray: Well actually, he is a resident alien in the U. S. now, and he has been a Canadian citizen for many years. But he was born in Korea.

BZ: How old a man is he now, would you guess?

Sukha Murray: He's young. He's 56.

BZ: And is this Ann Arbor center the only center of students of his? Is there still one in Toronto?

Sukha Murray: We have a temple in Toronto, this temple, and a temple in Chicago. Sunim has been going to Mexico since 1984. So we have a group in Mexico as well. And now, he travels around the country a lot, teaching. Meanwhile, I've been here.

BZ: I'm trying to remember, when did the house begin? I remember I was a student here in the seventies, and I don't remember when I first noticed the Temple on Packard.

Sukha Murray: '83 was the first full year.

BZ: One senses from the street that the house is well taken care of, and the Zen community is prospering. How

large a community is it at this point?

Sukha Murray: We have about a hundred and fifteen members who regularly support the

temple financially and come to practice. We also have friends who have not made a formal commitment, but certainly support the temple.

BZ: And, out of the 115, on a Sunday morning, will thirty people be here, or fifty? Quantify it, briefly, if you would.

Sukha Murray: Sunday morning, we usually have anywhere from twenty-five to fifty people. And we have a children's program on the third floor while the service is downstairs.

BZ: Does anyone live in the temple?

Sukha Murray: Three adults. And I have a daughter who lives here and one who just moved out on her own.

BZ: I find that in working where I work, Crazy Wisdom Bookstore, I'm very grateful that my work is related to

"I feel so much like a student, myself. I don't think I'll ever stop feeling that. I don't have the corner on enlightenment anyway, by any means, and I'm working hard myself. Well sometimes I don't work so hard. I try to just lead an ordinary life and bring spiritual practice into it."

construction sites for \$25 per house. We were a pretty basic crew of people from all over, not many of us, just renovating this small temple. It was a lively time, and it was a time when we were very close to Sunim, because we were working together all the time. I was the cook because I couldn't do so much renovation, so I carried my daughter on my back in one of those things, first a Snuggly, and then one of those...

BZ: Papoose-type things?

Sukha Murray: Yes. And then, after moving into that temple, my husband came down here, to try to find a place for a Zen Temple here. At first we were out on Packard, across from the Big Ten Party Store.

Across from that there are three buildings, and we had

helping people finding books about spiritual and psychological growth. I would think that in some ways similar, in a position like yours, you get to be working with people's spiritual yearnings and desires, every day. What's that like?

Sukha Murray: I'm very happy and grateful for the work. I didn't know that I would end up doing this. I mean, once I moved here, I was keeping silence and a very low profile and it only happened when my husband left, that Sunim said, "Well, you take over here." I was stunned. "Who me?" I began to take on the responsibility and do the work and so it has been that I've kind of fallen into some very meaningful work. I feel very grateful. It's interesting. You talk about your work with people with books, and usually the books are the impetus that bring them here. OK, I've read about this, now how do you do it? Where are some people who are doing this? Where can I get a person to help me with this? Then I usually say to them when they come, OK at least for a while, throw out the book, let's have some direct experience. When you read, you're always reading some other person's stuff, but you've got that stuff inside

"We say that if people haven't done some meditation and some reformation of yourself, transformation of yourself, then when you walk into the world, you're not going to be as effective. But there has to be a balance. You can't just be over-meditating, and not taking some kind of right livelihood into your life."

yourself already. You just have to find it. The temple is here to allow people to find out for themselves, and to get support, and to be in a sangha where other people have the same kind of values and are on the same kind of pilgrimage.

BZ: The meaningfulness of the work is something that is very special because really so many people are involved day-to-day in other lines of work, that to be in a situation where you are in work around deeper meaning, is very fortunate.

I find it, in my own way, (it's books and it's retail,) but I'm still around, every day, customers who come in to Crazy Wisdom and are in a certain mood, but if they're going to Hudson's or they're going to the shoe repair store, they're in a different mood. When they're coming into the store, by and large, they're at least thinking about core issues in their lives, whatever those issues are. And even much more so for you, because you're involved in the direct experience of meditation, and why we're here, and what we're doing here. It's very special work. You get to spend every day, this is your work, it's not something you just come to do two hours a week or four hours a week. It's fortunate work.

Sukha Murray: It is. May I express my gratitude to you for having that book shop there, because I always feel comfortable to refer people in their searching to the Buddhist section in your store. But, Bill, you know, I feel so much like a student, myself. I don't think I'll ever stop feeling that. I don't have the corner on enlightenment anyway, by any means, and I'm working hard myself. Well, sometimes I don't work so hard. I try to just lead an ordinary life and bring spiritual practice into it.

BZ: Even as you lead an ordinary life, and even as you find spirituality difficult and work hard, (and sometimes you work harder and sometimes you work less,) you get to always come back to your life here, surrounded by

this temple and by people who are coming here for the purposes that they come. There are so many temptations out in the world, so many stresses and challenges, in terms of day-to-day life and living and families and relationships. Maybe a month goes by where you are thinking about other things, even as you practice. But you get to come back to this as your roots, as the core of what you are doing.

Sukha Murray: I keep getting life in my face. I'm far from above that, whether it's getting angry and throwing the frozen

peas on the floor of the kitchen when I come home with the groceries, or being with my teacher and seeming to be inept in everything that I do, you know, and having to be continually corrected. I mean, I appreciate it very much but I'm always amazed at what a stumbler I am. In such moments I ask myself, how come I'm doing this — because I'm such a stumbler. I guess I'm an example of picking myself up a lot of times after I stumble and using spiritual practice as a means to do that. It allows me to see myself very clearly, and to look more deeply and to think OK, this is what's happening, when I throw the peas. And when I seem to make a lot of mistakes or end up being pretty unskillful. I am learning to pick myself up every time, and keep going. Other than that, I don't know that I have much to offer in a certain sense. The other thing is that I've stayed here. I keep staying, and I hope that, at some point — and we're closer to this now — other members of this sangha will be able to take on responsibility for the building and the sangha. So one of my main emphases now, is to have other people find places where they can more fully participate in this sangha. One person cannot carry it over time. What is going to last is something that a lot of people have made commitments to. And that's happening — people are formally becoming Buddhists, people are volunteering, because otherwise we couldn't go on.

BZ: Have you had that responsibility a lot of these last fifteen years or so? Carrying that weight of keeping it going, making sure that things get done.

Sukha Murray: Yes.

BZ: And now is the temple entering a new phase where there's going to be a little bit of shared responsibility, or are you just kind of hoping that there will be that?

Sukha Murray: No, I don't think I'm hoping. I think it's a reality that it's gradually happening. And there's wonderful people who come to the temple, very talented. I'll tell you this little story, that can give you an idea of the spiciness of the people, and the saltiness. I go to an interfaith meeting once a month with rabbis and priests and ministers from other religions in town, and we were doing a series last year on "What Does Buddhism Have to Offer the 21st Century?" or "What does Catholicism?" or "What does Judaism?" And so the representatives of each member of the group had one meeting where we would share that.

And Father Irwin from St. Francis was talking about Catholicism and what it had to offer, and then there was an animated question-and-answer period. And he said at one point, "Sometimes we get people who want to get married, and we talk, and it just becomes evident that unless they change that I won't be able to marry them, and so they go." And the Unitarian Minister said, "And then we get them." (Both laugh) And we all laughed.



And I didn't say, but we're at that end, too. We could've said, "And then we get them," because a lot of the people who come to the temple are people who, for some reason, have become disenchanted with the religion that they grew up with, or they didn't grow up with a religion, or they're just seeking. And so they turn up here. Sometimes it takes a little courage to come, so they're salty, spicy people, usually from all walks of life.

We are all involved in the genesis of this temple. I won't be here forever, and there's going to have to be someone, some people to continue on. So that's an emphasis right now, to deepen the commitment to practice and help people with that. We do train people for the priesthood or who want to be dharma teachers — we have two people who are doing that right now.

BZ: Who are the other dharma teachers at the Temple?

Sukha Murray: Parang Geri Larkin and Paramita Nathaniel Needle. They are ordained as dharma teachers. Pamamita is currently with his family in Japan. He composed some wonderful American Buddhist music while he was here. Geri Larkin is doing some fine work with the Building a Business the Zen Way program.

BZ: You're training other people to be ordained Dharma teachers as well.

Sukha Murray: Yes. There are two people who are coming along. And I hope there will be always people coming along to be eventually ordained. And working to deepen their practice, deepen their commitment.

I'm also concerned about our children, our young people, that they get some exposure to Buddhist practice and teachings. As you said, there's so much to distract these days, like "get a really good job," and "get as much stuff as you can." And so to work with some young people to show them how to look and see things clearly, is really important to me. And to that end, we encourage our young people to go to the Peace Team training, we have family services and we offer Buddhist Peace Camp each summer.

BZ: What's the Peace Team training?

Sukha Murray: It's been put on by our Ann Arbor community, often through the Interfaith Council for Peace and Justice. As a result of the Klan visit last June, there's real concern that there isn't enough being done by the religious community to be a peaceful presence in hate kinds of situations. So we brought in Father Peter Dougherty of the Michigan Faith and Resistance Peace Team, based in Lansing, to lead Empowerment in Nonviolent Peacemaking training workshops. They are very hands-on kinds of experiences.

BZ: A lot of people who are involved in non-western spiritual traditions send their kids to the Waldorf School. What about the children of your members?

Sukha Murray: Some of our parents send their children



there. Others have them in the public schools. I don't think that our kids have had any difficulty in the public school system because we don't teach them to kind of set themselves apart. Our whole teaching is to be in every situation fully and see what needs to be done.

BZ: And do some of those kids get that at an early age?

Sukha Murray: Well, the most important training they get is from their parents, so as much as the parents can embody that, the children are going to be able to do it.

BZ: Are the kids taught to meditate if they want to be, when they're eight or nine or ten years old?

Sukha Murray: Oh, and younger.

BZ: Younger. That's great. I just think that's great. I certainly wasn't given the chance to meditate at seven years old or six years old. What a wonderful thing for their lives, to be able to learn that they can clear their minds and turn their minds off and sit quiet. It seems like it would have a great benefit for children. And the Right Livelihood program, can you tell me about that?

Sukha Murray: I would really like to, because, I'm enthused about it. I was just talking to Geri, whose Buddhist name is Parang, and she's going to give a workshop at a meeting of all of our temples, which is on the third of July, on the Right Livelihood program. What students and teachers are saying is that this Right Livelihood emphasis is like the Buddhists' answer to family values, that some of the rightist Christians are coming up with. We're saying that we have to bring the whole idea of Right Livelihood into our work, and that's what's going to make a difference in this culture that is so bent on consuming all of the resources of the world. To have people who are working not to do that, but to live in ecologically sound ways and do social service which needs to be done, is important for all of us. Right Livelihood is about making a living in a way which is consistent with the Buddhist precepts — not to harm, but to cherish life, not to lie, but to speak the truth, not to waste...

If we can have more of this, it can make a real difference in our society, and so in a tiny way, Parang is really piloting this kind of program. It's being done by some Buddhists in New York City a little bit. She is teaching people how to run businesses as Right Livelihood businesses. She has a series of evening classes, and actually they are very intense. She does a smashing job. She's a wonderful teacher. People who have taken them just rave to me about how it's been meaningful in making them really look at their lives: "What is this that I really want to be doing?"

BZ: The one time I met her I could see that she was high-energy and dynamic. We have her book, *Bad Hair Days*, in our Right Livelihood section at the store.

Sukha Murray: She's teaching these courses, and then after people go through the courses, if they've made a business plan and need financing, we have a little loan

fund, and just on Sunday, we made our first loan, to two women who are starting a bakery.

BZ: And the loan fund, is it a Zen Temple loan fund?

Sukha Murray: It's part of that Right Livelihood Fund program. It's called Right Livelihood Fund — and then the more popular name — Building a Business the Zen Way. And so now we have, because there's already been some graduates of the first training, a little group that follows up to

support each other as they begin or grow their businesses.

BZ: It seems to be co-sponsored by some community organization, or the Chamber of Commerce?

Sukha Murray: The Community Development Corporation. The Community Development Corporation can give us some loan money if appropriate. But it seems that it's the actual instruction that people are interested in, more than the loan.

BZ: The instruction in how to make a business plan, how to start a business?

Sukha Murray: Right, and marketing, and finances, the research, every aspect.

BZ: That's exciting that you've made your first loan, to the women starting the bakery. I found it intriguing just reading the poster. It seemed to be something unique taking place in Ann Arbor.

Sukha Murray: Well, when people see Buddhists, often they'll say, "Well what's the point in this Buddhism? Because everybody's just sitting around meditating. There's so many things that have to be taken care of in this world."

BZ: Do you think that's a misconception about Buddhism? I think so.

Sukha Murray: I think so, too. There are some people who devote their lives to that, and we say that if you haven't done some meditation and some reformation of yourself, transformation of yourself, then when you walk into the world, you're not going to be as effective. But there has to be a balance. You can't just be over-meditating and not taking some kind of right livelihood into your life. And so, at the temple, we offer the training for meditation and offer a place for people to meditate, but then, in small ways, we're starting to, like with the Right Livelihood Fund, to be available in the community. And our yard sale is like that, too, with all the recycling that we do. Instead of letting things be thrown out, we fix them up, and we pass them on again.

BZ: Oh, so there's an idea behind the yard sale other than simply getting rid of people's junk?

Sukha Murray: It's recycling, reusing.

BZ: Do the members of the temple actually come in with things of theirs, and they try to put them in good enough condition to sell, and then you sell them?

Sukha Murray: Yes, and we pick stuff up off the streets, and we get stuff through apartment management companies. So it's not just temple members.

BZ: Oh, I see. It's a lot bigger than that. You pick up things, you make arrangements with companies, and so on?

Sukha Murray: They know us, and they'll call us and say, we have forty tables, or we have twenty couches. Sometimes they'll deliver them, but most of the time we have to go pick them up, and we store them, and then

when it comes near the time to fix them up we have members with skills, and electrical knowledge, fixing drawers on dressers, and all that kind of thing. It goes around again. Otherwise it would go to the dump!

BZ: So, does that kind of awareness infuse a lot of the projects, a lot of the goings-on here?

Sukha Murray: That kind of what?

BZ: Awakeness. That kind of attention to what you're doing. In a culture where people do throw things out and take things to the dump, you're suggesting that people recycle and reuse them.

Sukha Murray: Oh, sure, and it goes back to the time of the Buddha. You know, when he taught, he only had eight possessions. And their robes, it is said that the Buddha's robes were originally patched robes, patched together from other pieces of fabric, so, not wasting, using what we have, only using what is needed, a kind of simple lifestyle. We've been doing this. This has been a tradition in Buddhism. And it...

BZ: Continues.

Sukha Murray: Well, we're trying. And it's a way for us to support ourselves. It fits with this community, because there's such a turnover of students, and so what some students throw out, or what are thrown out by their management companies, we can fix up and sell to the next wave.

BZ: In addition to the families who are members of the temple, do you also get a fair number of students who are involved with the temple for a year or two, and then they graduate, and they've had an exposure to it?

Sukha Murray: Not a fair number, when you think that there's so many thousands of students at the university, but they are precious, the ones that we do have. I appreciate working with all ages. There was an older member who was here yesterday, and she is a very spunky older woman and she can boss me around quite a bit and I listen, because she's got age on me, and experience; okay, what does Elsie have to say? But when I get these young students, they don't come here just because they're "yes or no, sir, three bags full, sir" kids. They're here because they're looking for alterna-

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tive perspectives on how to live their lives...on "What's what?" So I feel really happy when at our 5:00 p.m. service on Sunday, quite a few younger people turn up. They always say they never come to the morning service because they've been up late.

BZ: Different life, you know? Twenty years old, staying up late.

Sukha Murray: Oh yeah. Sometimes we've rented rooms at the temple, because we struggle to make ends meet, being not the traditional religion in society. So once I had a little poster up somewhere and a student called me and said, "Well can you tell me, you know, what it's like and how it is?" And I explained to him a little bit, that we have a ten o'clock curfew, and that we get up at five, (we were getting up at five, we now get up at six,) and we have practice in the morning, and we expect everyone to be up. And he said, "Gosh, it's really old-fashioned isn't it?" (Both laugh) We do have one student staying here now, and he follows our schedule.

"What is it they say about the preachers' sons and daughters - don't very much take up the religion? What I care about with my daughters, though, is not whether they become Buddhist, but that they become happy people who have good hearts."

He's working on his Ph.D. and he's very much focused on that, and I think he appreciates the structure of the schedule to support him. But we get students from time to time.

BZ: There's a daily meditation - every morning, there's a meditation here? For members of the community?

Sukha Murray: For members of the temple. On Sunday we have it open for the public.

BZ: I see. So the ones on Sunday, for instance, are for the public, but the rest of the week is for people who are already part of the community.

Sukha Murray: That's right. We offer yoga class, which people can sign up for, any one is welcome, and we offer a meditation course. We give lectures from time to time.

Geri Larkin, which is her well known name around town, is doing a little course, which is advertised in your calendar, on the life of Buddha. And it's the second time she'll do it, and the first time she did a very good job, kind of like a user-friendly life of the Buddha. So those kind of things. Retreats are open to the public, too. We have the Buddha's birthday celebration every year. And the reason that we ask for some things to be just for members is because usually members have taken the meditation course, and have an orientation to the practices here, and so then they're ready to participate in the mornings and the special times that we have just for members.

BZ: What is your title here?

Sukha Murray: Oh, I'm just known as the resident priest.

BZ: Do you make most of the decisions about the temple, or is there some communal decision-making? How does that work?

Sukha Murray: There's a board of directors for our sangha, which is Venerable Samu Sunim and myself, and then I work with an advisory council. There are ten people on it, who help me with some of the day-to-day decision making.

BZ: You have two daughters? What ages are they?

Sukha Murray: Eighteen and twelve.

BZ: Are they practicing Buddhists? (Both laugh)

Sukha Murray: Actually I'll try to be careful to not say something that they would say, "MOM!" (Both laugh) I think that they have almost a love/hate relationship with the temple because they both have grown up here. They feel very close to this community in many ways, and to some of the people. We have wonderful people who have come through during their lives. While they have been young, they were always involved in the children's program and always attended camp, but because their mother is so involved, they also have this kind of little backing off themselves, I think.

BZ: That's natural enough.

Sukha Murray: Yes. What is it they say about the preachers' sons and daughters— don't very much take up the religion? What I care about with them, though, is not whether they become Buddhist, but that they become happy people who have good hearts. And I think they do. So my kids are, for me anyway, pretty special. One day, my older daughter, she called from school, and said to me, "Mom, I cannot go on with this any longer, you have to sign the papers so that I can get out of school. I'm going to do it myself." And I saw it coming. And I signed the papers, and she went through a couple of months of hell, and I thought, "We have made a great mistake."

But then she pulled herself together, and enrolled at Clonlara, and began to do home-schooling and took her life into her own hands, and graduated a year early, and is now going to Washtenaw and working, and applying for college in the fall, and she just really did a wonderful job

of it. On her own. I mean, I can't do the math, I can't do the things she just did. And my younger daughter is kind of, oh, very independent, and strong, as well, and it's not because I said, "Well I'm setting out to do this," but somehow, living in this kind of environment, it has come about. And they have a dad who is also a Buddhist Priest, so they can't get away from Buddhist communities and, you know, what's going on.

BZ: What do the teachings of impermanence mean to you in your life, on a week-in, week-out basis?

Sukha Murray: Well, that it's sunny now, and it was snowing a little while ago, that we are drinking tea and eating oranges, and that soon we won't be.

BZ: Have they helped you at critical times in your life, parents, illness, relationship things, have they made a difference?

Sukha Murray: I think deeply understanding impermanence allows us to go on. Now I know that when things are terrible, that it will change. And equally, when I'm in love, and it's wonderful, that this too will pass. And such changes have happened so many times that I think, OK, I'm able to be with whatever there is, because I know that it will change, and it will be something else. I don't know. So when I see children very unhappy, it's hard to see children very unhappy, like Karima when she had those two months of feeling so low after leaving school and not able to function, get herself out of bed, do any work that I could see, I just had this trust that that too would pass because I've just seen it happen in many different ways before. And so as we go through the cycle of our lives, it's all natural.

Remember what the Buddha said: the first thing is that suffering exists—we all get sick, we all get old, we all die. We all get separated from people that we care for, we all have this kind of difficulty, and when you deeply realize this impermanence, there's a kind of great coming home, to OK, it's alright. And not I want it to be this way, and that way, in control, or not control, or want, or have feelings of ill will. No. Just impermanence. Understanding that deeply has helped me to be with whatever it is.

BZ: You get to kind of come home from the supermarket and sometimes maybe you feel like throwing frozen peas on the floor, but sometimes you get to just breathe.

Sukha Murray: I like the way you put things. You have a kind of catchy way of doing it. Coming home from the supermarket to me is coming from a consumptive lifestyle, where there's this, and this, and this, and everything's going on, to coming home and letting that all be, and being perfectly content. And I hope that, over time, more people can be in that place, where they're not running around. I mean, the people who come to the meditation course and the yoga course, if I ask them why they come, a lot of them say, because my life is so stressful. And we're not going to stop doing a lot of the things that we do, we may pare down, when we look and see what's really important, but we'll still be busy people. The thing is, how we are with it. Okay, this,...okay, this. There's much more of a sense of not getting run around by things.

BZ: In the Ayya Khema book that you recommend, Being Nobody Going Nowhere, she talks about how our minds never get a rest. We take a vacation, and our bodies get a rest, but our minds don't get a rest, because our minds are still going. I'll never forget the one time I saw Ram Dass on TV being interviewed, where he took two minutes to breathe on TV, the only time I ever saw



so-called dead space, actually it was quiet space, on television. He just breathed. Have you ever seen anyone on television just being there? And it was very interesting, because we don't allow ourselves to - we don't give it to ourselves.

Sukha Murray: Sort of revolutionary.

BZ: It was sort of revolutionary, actually.

Sukha Murray: Yes, what I find often when I do some meetings is that I have the gong, you know the gong, and after about twenty-five minutes talking, I ring it, and we sit for one or two minutes, and then when we go on, it's different, and then after another twenty five minutes we ring the gong again. Because we do get wound up. We should do that right now, eh?

BZ: Yes.

(Both sit quietly for about two minutes.)

Sukha Murray: We should've been doing it all along, right? (Both laugh) I like to just sit there.

BZ: Nice, huh? That's nice.

Sukha Murray: I wanted to say people living in Ann Arbor are very fortunate because, in terms of Buddhism, there are several Buddhist groups, and so they serve people with different affinities and the community is very rich. I guess everybody knows that, in terms of the yoga practice, and also in terms of interfaith work. I like to encourage people to find something and then to put their roots down and allow that experience to make a difference in their lives. I guess not put their roots down so that they get attached, but so that —

BZ: So that they can make a difference in their lives.

Sukha Murray: Yes. I have a get-together from time to time with Barbara Brodsky and Aura Glaser (editor's note: Brodsky is the spiritual director of the Deep Spring Center, and Glaser serves as a leader in the Jewel Heart Tibetan Buddhist community, and founded Crazy Wisdom Bookstore) and I hope that over time that I'll get to know people from other Buddhist groups a little more. I know them a little, but we haven't spent time talking as Barbara and Aura and I have. We're trying to share how to do Buddhism, how to do the spiritual practice here in Ann Arbor, in the West, even.

BZ: I should let you go.

Sukha Murray: Thanks for coming. It's nice to get to know you. You have a good way of putting things.

BZ: Thank you, Sukha. And thank you very much for the interview.

The Knitting Sutra: Craft as Spiritual Practice

By Sarah Newland

(The Knitting Sutra: Craft as Spiritual Practice, Susan Gordon Lydon, \$18.00, HarperSanFrancisco, 1997, 161 pages)

The word 'sutra' means thread or connecting cord, which begins to describe Susan Gordon Lydon's fascination and deep involvement with knitting. More than a simple hobby, knitting equals her spiritual path - the act of creation transformed into greater meaning and significance. Although she doesn't expressly state it (she doesn't have to), she's not writing about just knitting here. Her insight applies to all forms of creating and self-expression: writing, painting, dancing - any art form that captures us. We've all felt it - not only the satisfaction of making something pleasing, but blissful immersion in the process itself. Lydon believes the purpose of creation is not only about making a beautiful object, but by becoming beautiful within. What is important is what happens while you knit, where the interior journey takes you, what you find there, and how you are transformed once you return home.

Knitting is called "homegrown magic," mysteriously containing the potential for expanding your conscious awareness. It's a form of meditation: rhythmic, repetitive, mesmerizing motion that slows your brain waves, bringing you into deep relaxation and contemplation. Of course, you have to be a seasoned knitter to reach this space, but any craft that allows absorbing, creative self-expression can provide greater access to yourself. Native American teacher Blackwolf Jones says the quest

for enlightenment is "the path leading to the center of your being." Involvement in any creation that is truly part of your self, an expression of your heart, could be the means of finding Spirit.

These days, many books are published about finding Spirit in the everyday; so many in fact, that they can be monotonous without offering any new information. But art and craft as spiritual practice? It works for me. I don't knit. I tried it once about 15 years ago, with horrendous results. The whole process baffled me. But I do create other things. And within that space, while I'm immersed in choosing the perfect yarn for needlework or placing glass in patterns for mosaic, I'm transported. I go elsewhere, forgetting whatever daily difficulties I may be grappling with. Not only do I feel good about making something I love, I am healed in the process. Craft encourages self-esteem and capability, and can be a therapeutic balm for grief and pain as well.

Lydon rediscovered her love of knitting after 15 years because of an accident resulting in a broken arm. Knitting also carried her through separation from her beloved, menopause, fear of

The Knitting Sutra

(craft as a spiritual practice)

Susan Gordon Lydon



solitude, and cancer. She investigated many spiritual practices (Sufism, Native American wisdom, Arica meditation, Judaism, etc.), but knitting is what kept her consistently tied to Spirit. She found the ecstasy

Violence and Compassion

By Louis Dahar

(Violence & Compassion, His Holiness The Dalai Lama and Jean-Claude Carriere, Doubleday, 1994, \$20.00)

Can we "make ourselves a mind without habits," as several young surrealist artists wondered in their open letter to the thirteenth Dalai Lama. One place we can start is by reading *Violence and Compassion*, a book presented in the form of an intimate conversation with His Holiness the Dalai Lama about secular issues confronting us at the beginning of the new millennium, such as the rights of women, environmental degradation, and politics. This book, as others written by the Dalai Lama, is not something you simply "read". You participate in it as the words speak directly to your heart.

Who wouldn't want to have a conversation with His Holiness the Dalai Lama? If you desire to talk to a world leader who can give you a spiritual yet non-dogmatic perspective into secular issues, then you'll understand the captivating concept which propels this book. This simple monk has talked to a wide range of people from around the world, such as world leaders, artists, renowned scientists and simple refugees, and it's clear that each of those lives have touched him.

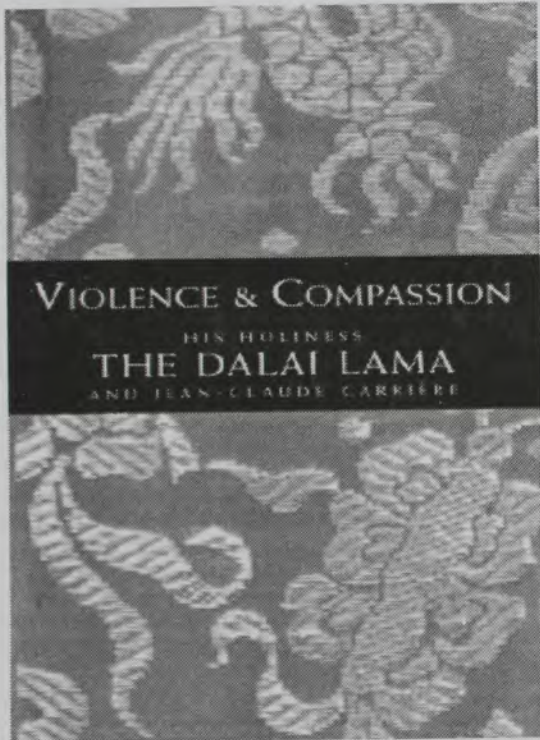
Yet even His Holiness, who is considered to be an incarnation of Avalokiteshvara, "the

embodiment of compassion," has to struggle "to reach nonattachment without falling into indifference." We can relate to his spiritual practice. It is practical and as hard won as our own as he says "our enemy offers us a precious opportunity to better ourselves" and "with all the enemies we have, by now we must surely be incomparable!" This is the attitude of a leader of a culture that is being ground out of existence in its homeland. This is the compassionate stance one strives to take against violence and misused power.

In his words and wisdom, we can sense that this is not someone removed from our world. For example, his strong interest in the intersection between quantum physics and Buddhist teachings on impermanence and interrelationship. Both disciplines realize the observer and the observed are related; "The atom of the sun speaks the language of light to the atom of the eye." And His Holiness repeatedly says in the book that the only way to overcome our problems is through education - a tradition Westerners can strongly relate to.

It is obvious that his personal experiences have not been limited to the esoteric, spiritual experience of an incarnate lama living in isolated monastery. He shares his insight into everyday political and scientific events overwhelming all of us, such as the present, violent conflict between precious human life and overpopulation, or in creating a "new spirituality that all people of goodwill can adhere to."

The book is set up as a dialogue between Jean-Claude Carriere, a screenwriter of more than fifty films,



Selling Your Clients

by Linda Diane Feldt

Your doctor suggests you take a certain brand of drug for an injury, and later you discover she has a financial interest in the company that manufactures that drug. Your lawyer in a personal injury case suggests you seek treatment with a certain physical therapist and you discover he owns a share of the clinic where that PT practices. Your neighbor comes home with over one hundred dollars worth of vitamins that the nutritionist at the health food store recommended for the symptoms she described.

Conflicts of interest? Apparently so. Yet, when bodyworkers become distributors, direct level marketers, and promoters of products many of us give little thought to the ethical implications of recommending these products to our clients, and even involving them in a "downline" or multilevel marketing relationship.

There are many reasons to become involved in being a distributor for a product. It may be something you believe in, have experience with, and want to make available to others. However, there is often a financial interest as well, and in some cases this interest is substantial. The first ethical concern is, are you able to objectively determine if this is indeed a good product for your client if you are also profiting from its use?

I know a practitioner who was involved in vitamin and herb sales. While pregnant with her second child, she became the sole provider for her family. Using crude muscle testing as proof of their need (she had minimal training) she frequently recommended expensive supplements to her clients and then sold to them at greater than 100% markup. With her family's well being at stake, the objectivity of her muscle testing and her judgment were at risk both consciously and unconsciously. She had placed herself in a very precarious position.

Bodywork practitioners are no different from other health care providers and others in the service industry. If you have a financial interest in a product or service you are suggesting to a client, the ethical course of action is to disclose that interest or to remove yourself from the position of making the recommendation. Different circumstances affect what is the proper course of action. In many cases, ethical dilemmas are not black and white. It is important to develop a thought process leading to conscious ethical behavior.

To involve a client as a participant in multilevel or distributorship arrangements is stepping into the arena of

"Are you able to objectively determine if this is indeed a good product for your client if you are also profiting from its use?"

dual relationships. Like sexual feelings and sexual contact, financial involvement is a particularly large red flag. It is not recommended. The vast majority of the population has many unresolved feelings and conflicts about money. There is a great likelihood of resentments, confusion in roles, overt and covert power struggles and other sticky situations when you engage in financial investments or money making opportunities with clients.

The client/practitioner relationship is the first and most important relationship. As the practitioner, it is your ethical responsibility to shepherd this relationship in ways that will promote and care for your clients' health, and to respect the responsibility and trust they have placed with you. Going into business together - however good your intentions, however careful you may be - is distracting to that relationship and risks distorting and diluting your healing work together.

Also in the arena of money, it is worth the reminder that borrowing money from clients, as well as lending money also jeopardizes the important client/practitioner relationship. If you need to make financial arrangements with a client (for example if they need to take time to pay) put the agreement in writing and include agreed upon times for repayment. If the client is late in paying, contact them right away to remind them or re-negotiate the contract. Keep it clean, keep it clear, and keep it current. If you can't afford to risk the money if for some reason they don't pay you, don't do it. Refer them to someone who charges less or can handle the potential loss.

Finally, keep in mind that many of these products that we are encouraged to sell come with glitzy campaigns, high pressure sales tactics, promises of financial windfalls, impressive endorsements and other attractive enticements. It is like the drug sales representatives that doctors are exposed to. How can you effectively evaluate these products in the midst of all the glamour and hype? What resources do you have available to determine effectiveness? How does the product compare to less expensive examples? What do you know about the economic, political, and ecological impact of this product? Would your involvement in this company be distracting from your work with your clients?

In summary:

- * Always disclose to your clients your financial interests in services, devices, or products that you may recommend.
- * Avoid having financial interests that may threaten your objectivity in making recommendations for clients.
- * Do not engage in financial relationships with clients, other than the usual pay for service.
- * Learn how to objectively evaluate products and the ways they are sold.

Linda Diane Feldt is an experienced holistic health practitioner, an herbalist, and a polarity therapist. She is the author of the book, *Dying Again: thirteen years of writing and waiting*. She is currently at work on her next book, which will be about ethics in the bodywork profession.

achieved during the act of creation matched that of religious rapture. She then didn't need to look any further.

The Knitting Sutra was worthwhile for me to read because it encouraged me to keep making things. It fueled my desire to create. However, I had trouble with Lydon's writing style. She writes in a nonlinear way, jumping from one event to the next without any apparent connection between chapters. I even didn't care about some chapters because they didn't have anything to do with craft. Those that did were often geared specifically to knitters, describing particular methods or patterns that didn't interest me. (Knitters, however, would surely be captivated.) I was feeling disappointed with the book until I reached the last three chapters. Those three were enough for me. She summed up what I had been looking for throughout the book: what the process of creating can mean.

Lydon inspired me. So much so that, the very afternoon I finished the book, I went out to buy more yarn for a new project. I support Lydon's belief that spending time making something you love is not wasted time; it can be a pathway to something greater. As Joseph Campbell wrote, "Follow your bliss, and doors will open where there are no doors."

(For other books inspiring deep creativity and self-expression, read *Everyday Sacred*, by Sue Bender as well as *Women Who Run With the Wolves*, by Clarissa Pinkola Estes.)

(including *The Unbearable Lightness of Being* and *The Mahabharata*) and his holiness the Dalai Lama. The brief descriptions opening each chapter set up the background of Buddhist teachings, which underlie the questions. I found background information given by Carriere through the chapters was sometimes distracting and disjointed, and wanted to say, "Stop interrupting!"

In his style and voice, Carriere clearly represents the West so that on one level, the conversation becomes a metaphor for the interaction of East and West. This stylistic difference is apparent from the very first chapter. Carriere asks paragraph-long, intellectually arrogant questions that are commentaries in themselves. Through out the book the Dalai Lama gives succinct and clear responses that, although seemingly simple, work on many levels and are finely polished jewels for the mind.

At one point, Carriere asks, "Couldn't Buddhism be described as a sort of science? A science of the mind?" The Dalai Lama answered at once, "That's exactly it!" When Carriere then asked him to tell him about the mind, he burst out laughing. Grabbing the sleeve of Carriere's sweater, he said, "For that you'd have to change clothes, put on a red robe, and do nothing but study for twelve years!" I agree Buddhism is a science of the mind. His Holiness the Dalai Lama has given this primer to those of us who want to launch our study from a rational and secular foundation.

What is A Doula?

By Jodi Bordeaux

What is a Doula?

A Doula is a support person for the new mother during and/or after the birth. This support is both emotional and physical. The term "doula" is Greek for slave or servant, but has come to mean "mothering the mother." I like to think of it as serving the new family, because helping the mother is definitely serving the husband and children, too.

Why does a family need a doula?

A family may need a doula if the mother and father have no family to help out with chores and with the baby. Also, some women feel as if having their family around to help will add stress and work to their lives, so outside help is a very attractive solution. I have total confidence that a woman, any woman, can do it all alone. However, for the benefit of herself, her baby, and her marriage, help during the first month after the birth should be as important as prenatal health.

Imagine allowing yourself rest, a shower, time in the bathroom alone, someone bringing you unrequested beverages and snacks. Imagine your husband comes home from work and gets to cuddle with you and the baby while someone prepares dinner, walks the dog, feeds the cat, changes the sheets on the bed, and does the laundry for the family. Imagine having someone taking care of your older children's needs so that you can help them become more comfortable with their new sibling - and you can sit back and relax the whole time. All of this should not feel over-indulgent, but natural and essential. This is a very important time in your lives; you brought new life into the world!

What is the history of this profession?

This profession dates as far back as women giving birth. Before medical intervention, women were surrounded by other women of their community to ensure safekeeping of the mother and child. Already knowing about the birth experience, they helped in numerous ways. These women were not actual doulas, but played the same roles of emotional and physical helpers. Most traditions encouraged new mothers to stay inside and get adequate bed rest for forty days. They were given hot liquids

"This is a very important time in your lives; you brought new life into the world!"

throughout the day, taught how to breast feed, and how to take care of the baby and herself. It is too bad we have lost these traditions in our society.

Are doulas working regularly in other countries?

It is tradition in many countries to support the new mother. The mother and baby are held in high regard and taken care of for at least a month after the birth. The Dutch government financially

backs the doula as part of the birth package. In Canada, there are several doula businesses that are part of their health program. Some of these programs are financed by the government; however, not all of them are. Female family members usually live in close proximity to the new mother in other countries, especially in rural areas, and it is well documented that their support is essential to the new mother's well-being.

How commonplace are they in the U.S.?

Here in the states, many women find themselves separated from family by too many miles. This factor has increased the need for doula businesses. Most licensed doula services exist in the New York-Massachusetts area and California, but are springing up around the country. The National Association of Postpartum Care Services (NAPCS), established in 1989, provides assistance to doulas and new moms and is helping link postpartum care to insurance and third party reimbursers. If your husband works for a large corporation, he should ask them to pay for any doula care or paternity leave so he could take of you and the baby. More than likely, big business will opt for the former, and may push their insurance companies to cover the cost of postpartum care. Women definitely should try to influence their health insurance companies to include this coverage as well. Perhaps things will change if parents actively voice their concern and make the corporations understand that this plan is essential for healthy moms and babies.

What is your background and experience and why are you interested in this career?

I have been working as a nanny in the Ann Arbor area for ten years now and have been involved with many families. For most of these families, I arrived after the last child reached about six months in age. But as I gained experience, families found me earlier or I was still around for the second child. I am also the youngest of seven children and have helped my own sisters with their babies. Therefore, I have had a great deal of experience with infants and older children.

It was only four years ago that I discovered the "lost" profession of midwifery, and realized that most of my life experience had been leading up to this calling. Within a year, I attended a childbirth assistance course and fell in love with the birth process and new moms. I have read several books on herbology, holistic health, birth, postnatal care, and women's health. Within the last two years, I have assisted a birth and have worked as a doula for several families.

After working in many settings and with many families, I have grown secure in coming into a home and being as much help as I possibly can. I am intuitive, energetic, patient, warm, honest, responsible, and flexible (meaning I understand that even if you have had a dozen children, in terms of morning or afternoon help, you can never be sure what you will need after the new baby arrives.) I married a wonderful man last spring in Scotland, so



Jodi Bordeaux, doula

I put off starting my own doula business until this year. I feel fortunate to be starting my career at this time, because women's health is finally becoming prioritized and the doula business is catching on fast!

What books do you strongly recommend for pregnant women as well as for new parents?

There are numerous other titles, but these are my favorites for each phase of the birth process:

What to Expect When You're Expecting, by **Arlene Eisenberg**, is the classic book for pregnancy.

Pregnancy Day by Day, by Sheila Kitzinger, and **The Pregnancy Journal**, by A. Christine Harris, are both excellent books for understanding what is happening to your baby and yourself every day of the pregnancy.

The Birth Partner, by Penny Simkin, is a much needed book for the labor support person.

Gentle Birth Choices, by Barbara Harper, is a wonderful guide about women's choices concerning birth. Remember: You Have Choices!!

Breastfeeding Your Baby, by Sheila Kitzinger, is one of the best and most informative books on breastfeeding.

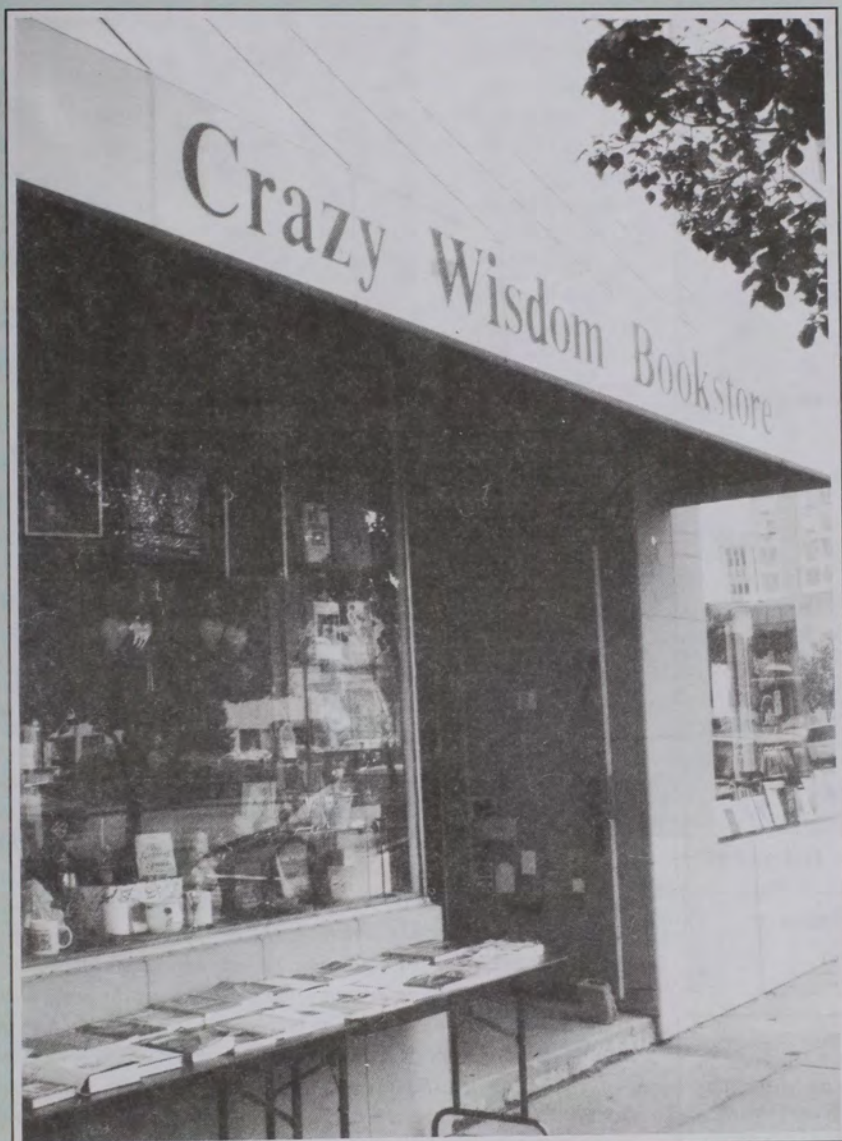
After the Baby's Birth... A Woman's Way to Wellness by Robin Lim, is a very helpful guide. Complete with recipes, it covers everything to ensure the best of health.

THE CRAZY WISDOM CALENDAR

Issue No. 7

A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

SEPTEMBER THROUGH DECEMBER 1997



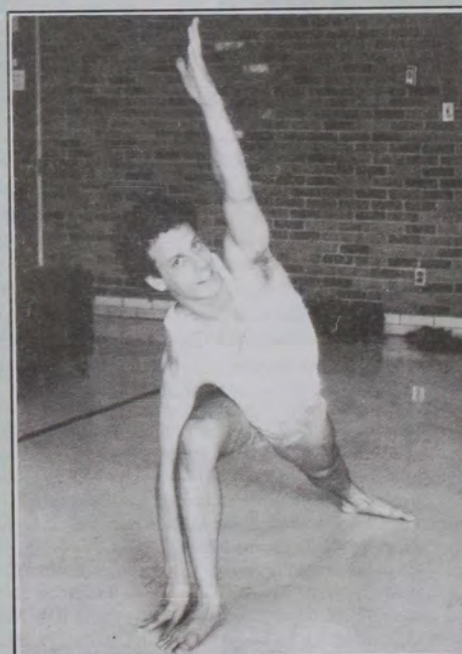
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Pema Chodron's
*When Things Fall
Apart*

Caitlin Matthew's
*Singing the Soul
Back Home*

Next issue, this space could be yours.

Yes, after many requests and inquiries, The Crazy Wisdom Calendar will accept paid advertising starting with the next issue. The calendar listings will continue to be free. For deadlines, ad rates, space reservations, or other information, please call Crazy Wisdom Bookstore at 665-2757.

Calendar Highlights for Fall 1997

- 1) **Dimensions in Light Festival**— September 14
(see description in Celebrations section)
- 2) **Neale Donald Walsch** (author of NYTimes best-seller *Conversations with God*)—September 20
(see description in Spiritual Development section)
- 3) **Magickal Life Fair** — October 4
(see Celebrations section)
- 4) **Deepak Chopra** at the Power Center—October 13
(see Spiritual Development section)
- 5) **Marianne Williamson** (author of *Return to Love*)— October 24
(see listing in Personal Growth section)
- 6) **Maya Angelou** at the Church of Today — November 7
(see Personal Growth section)

Since 1982, Crazy Wisdom has served as a center of information in the subjects of wholistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The deadline for calendar submissions for the January—April 1998 issue is Friday, November 14, 1997, and the issue will be published and distributed locally during the week of December 15th. The Calendar is available at our bookstore as well as at more than fifteen other locations around Ann Arbor. Our phone number is 313-665-2757, and we're located at 206 N. Fourth Avenue, Ann Arbor, Michigan 48104.

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky. Calendar Editor: Sarah Newland. Photographs by Linda Lawson. Production and Design Editor: Molly Nuzzo. Cover design: Heather Graham. Editorial Assistant: Molly Nuzzo. Transcribing of interview: Abbie Stahlin.

The quotes used in the calendar section were mostly found in the following books: *Sunbeams* by Sy Safransky; *A Dancing Star* by Eileen Campbell; *Carpe Diem. Seize the Day* by Sean McMahon; and *The Book of Qualities* by J. Ruth Gendler. All of these books are available at Crazy Wisdom.

Special thanks to Sarah Newland for her exceptional help with this issue.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Who Works at Crazy Wisdom?

Avani

Khanna is the first subject of our new "Staffmember Profiles Column" here in The Crazy Wisdom Calendar. Having started working at Crazy Wisdom Bookstore in 1991, when she was 19, she is the senior member of our staff of counterpeople.

A native Ann Arborite, she left town and the store to attend and graduate from Hampshire College. In 1995, she received her B.A. in Feminist and Cultural Studies,

with a concentration in Italian Studies. She spent the first semester of her senior year in Padua, Italy, researching her thesis: Feminism and Femininity in the Italian Context. She returned to Ann Arbor after college. Though she now has a full-time professional life, she still finds time to work at Crazy Wisdom on weekends, and also to sing in a local band.

We love Avani for her artistic creativity and relentless attention to detail. Her willingness to question, debate and sometimes brood, yet still maintain a sense of wonder and openness have made her a valued staffmember. (Plus, we just enjoy having her around.) In her spare time, Avani also volunteers as a classroom assistant for non-native English speakers. Recently, she has rediscovered pinball. We asked her to write about her feelings toward Crazy Wisdom. Here's what she wrote:

Crazy Wisdom has always been a spiritual home for me. The books in the store, my co-workers, the customers and the atmosphere of the store have offered me precious opportunities for emotional and spiritual self-awareness and growth over the six years since I began working there. Crazy Wisdom has inspired and soothed me into opening myself to the present moment (*see Zen section in store*). As I've grown into some of the responsibilities of adulthood in the past few years, I've found it increasingly challenging to find supportive space in my daily life for the openness to life that I feel so easily in the store. That's why it is so important to come back to it and slip into my place there as a counterperson. I love offering its resources to those who come in looking for an opening into themselves or into an aspect of the universe, or who just want some sweet-smelling incense. Crazy Wisdom is a very special place and I feel honored to still be a part of it.

——Avani Khanna



The Crazy Wisdom Interview with John Friedlander, Founder of Ann Arbor's Practical Psychic Center

The author (and Harvard-trained lawyer) talks about what it means to be a psychic and a channeler

Photography by Linda Lawson

*John Friedlander is an author, psychic and channeler. He is the founder of the Practical Psychic Center of Ann Arbor. His first book, *The Practical Psychic*, (published by Samuel Weiser) is a readable and sensible self-help book on psychic development. He is currently at work on two other books, which he discusses in the interview.*

Friedlander combines a canny and incisive intelligence with a soft and curmudgeonly spaciness. He has an interesting and unusual background for a psychic — he's a former football player from a conservative Southern family, and he's a graduate of Harvard Law School. But he's traveled a long way from his intellectual and familial roots over the last three decades, and today he is a true adventurer in uncharted psychic and esoteric realms.

I met with Friedlander on a rainy Sunday morning in late May. He lives with his wife, Pamela Moss, an Associate Professor of Education at the University of Michigan, and his cats, Licker and Purr Ball, in a modern brick home in Saline. We sat in a beautiful, spacious living room with large picture windows looking out on a pond, with hills and houses in the background. He is devoted to his cats, and they participated in the interview.

Bill Zirinsky: Why don't we begin with personal history. Tell me something about how you came to become what you are.

John Friedlander: Well, yes, I've always been interested in this kind of thing. I'm not one of these people who talked to spirits as a child or anything like that. And sometimes I say, for a psychic, I've been awfully slow in learning how to do a lot of these things. I mean, real clairvoyance hasn't come that quickly for me. But I was always interested in these things, and always open to them. I remember as a seven-year-old reading an article in *Life Magazine* about yogis, and you know, this is in the fifties. For 1955, it was considered very exotic and you didn't hear a lot about it back then. So I read about how a yogi might go and meditate on one thing for five years. Imagine meditating on a rose for five minutes, the article suggested, so I went upstairs and tried to do it and it was hard to, and I decided as soon as I got a chance that I would learn to do that.

BZ: You were growing up in the south.

John Friedlander: Yes, down in Georgia. Sixty miles north of Tallahassee.

BZ: Small town?

John Friedlander: Small town. And then I went to Duke as an undergraduate. And my last year, you know, it was the sixties, and...

BZ: You were born in '48, so it was kind of like mid-sixties, late sixties.

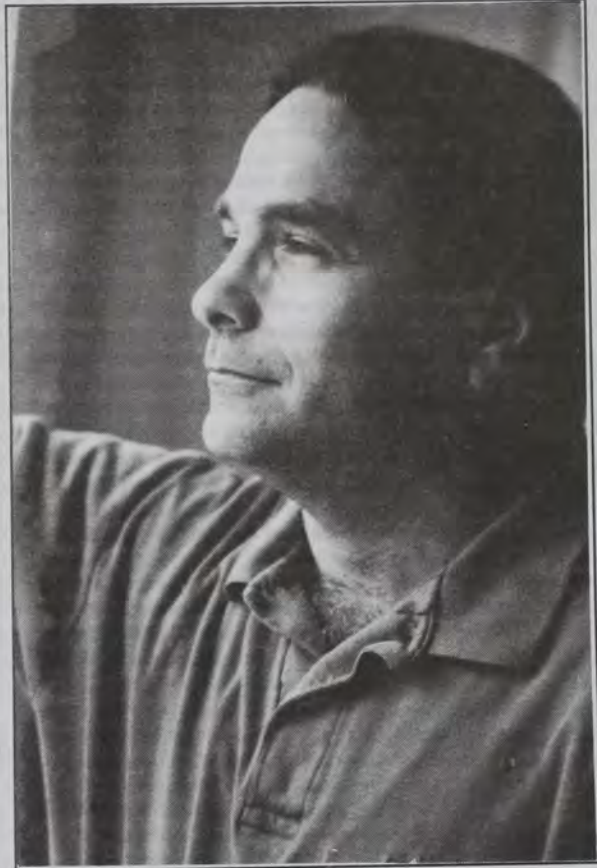
John Friedlander: Yeah, I went to school in '66. I'd been against the war even in high school, which was unusual in south Georgia, and basically they supported the war back there.

BZ: Were your parents liberal?

John Friedlander: No. Well, my father would be, for Georgia. Still it would be for Georgia. But my mother (laughs), she's quite conservative, she's been a Republican all her life. She may have voted for Carter the first time, being as how he was a Georgian, I don't know.

BZ: Well, she was a Republican then, before there were really many Republicans in the South; Democrats were

John Friedlander: I remember finding an I Like Ike button in



'52, and going outside and mother was with some landscaper, or florist; they were planting some trees and I came out with this button and I said, can I wear it? And she said, yes, but I could feel the tension there, because voting Republican in 1952, in Georgia, was not considered a patriotic thing to do. You could feel it in the air.

BZ: Well, she was a woman of strong opinions and she held her own opinion.

John Friedlander: (Laughs) My mother. That's her most salient feature, her strong opinions, and in fact, it served me well in a certain way, which is that I've been able to chart my own course, and do what I do in the face of withering anger and resentment from that same mother. A guy who went to Harvard Law School, I certainly never had the expectation that I would stay a lawyer. I always would have liked to have been wealthy, but I had no aspirations to really be a lawyer. But apparently my parents didn't tumble to that fact for about twenty years. (Both laugh) And both of them are very bitter.

BZ: They wanted everything for you that would have gone along with being a partner in a law firm.

John Friedlander: Yes. Right. And even my wife is a professor at the University of Michigan. With a lot of people, that holds a lot of prestige, but not really with them.

BZ: You were a football player too, I read.

John Friedlander: Yeah, I was a high-school football player, I was a jock. You know, it was a nice place to grow up. It was always warm and we did a lot of athletics with the schools. It was really pathetic that it was all completely segregated. My last couple years, they had one or two African-Americans

come into our class and I couldn't really reach out to them, it was so charged. I would have liked to, but my parents would never have allowed it, because it would have been tough; my parents weren't racist or anything like that but we lived in a racist society. I lived in the county - I don't know if you remember Lester Maddox?

BZ: Sure, of course I remember Lester Maddox. In fact, he was elected probably the first time in '66, when you were going off to college.

John Friedlander: Yeah. I grew up in the county which had the largest plurality for Lester in the whole state, of 159 counties.

BZ: I see, so it was a really, really conservative, racist. **John Friedlander:** Yes, it really was. You know, actually, they do well now. I mean, ironically, there is probably less racial tension there now, and maybe even more freedom for African-Americans, than there might be here in Ann Arbor.

BZ: There's a somewhat unspoken and obscure tradition in certain families in certain parts of the South of having members of the family who have openings to their own third eye - clairvoyance, ESP, psychic ability. When I went down a number of years ago to Cassadega Spiritualist Camp, in central Florida, there were a lot of people in that community whose mothers and grandmothers had had certain psychic abilities that had been nurtured instead of shut off. When you think about it, do you think that there was, in your own family, some tradition of clairvoyance or psychic ability?

John Friedlander: Well, it's a little more complex in my case. I've had a number of lifetimes in the East, and maybe too many lifetimes in the East, and, as I understand it, my own life purpose, in this lifetime, was to try to be one of millions of spiritually oriented people who were focused strongly on physical reality...

I think the New Age is really newer than people imagined. It isn't that you're simply going to have more opportunity to do the same thing that yogis and other people did. One great adventure of human consciousness is coming to a close, the creation of individuation. And a new adventure is starting up that is as evolutionary a development as an opposing thumb. This new adventure relies or depends upon that earlier step of the development of individuation. So, I don't believe that individuation is just some sort of cosmic joke or mistake that occurred and your job is to get rid of it. I believe that our task is, and I'm not sure any of us will live to see it, but it'd be complete in a hundred years, maybe less, maybe more, is that we'll be able to take that individuation into true group consciousness, and that a different kind of relationship, a different kind of humanity, and a different kind of exploration in perception, can take place. It just occurred to me this morning - maybe I'll name the Seth book which I'm writing, I'm thinking of calling it *Seth Too* — T-O-O — a whole bunch of puns there. And then subtitled it: *Explorers in Perception*. So my sense is that the New Age is newer than people imagine.

BZ: I'm not sure I understand what you mean by newer than people imagine.

John Friedlander: My sense is that most people who are talking about the New Age imagine that the Age will be everybody becoming like the model of the saints and gurus that we have today. And that there will be much more availability and aspiration in the direction of sainthood. And that people will be more loving. But my sense of the New Age is that it's



more radically different than that. It isn't merely that we will be duplicating the aspirations and models and saints of the past. That's not to say that they don't serve a purpose, I mean we're very fortunate in having the Dalai Lama that we have. And within Tibetan Buddhism, the Dalai Lama, I think, has been quite vitalizing (Wow! Licker ran after a bird. That's the first time I've seen him do that since he got sick. That's so exciting.) So I think we have an exceptional Dalai Lama. And I think he's been an innovative force within Tibetan Buddhism. I think that within the whole scheme of things, that at an energy level, he's a radicalizing and transformative force. At an intellectual level I think he's fairly conservative within the New Age group. So my sense is that what we're moving towards is not towards the Dalai Lama, not aspiring to become the Dalai Lama. Certainly anyone would aspire to the development of true compassion, that he's clearly an incarnation of. Not everyone, but anyone who's engaged in self-exploration. But what I imagine that we're moving towards is a kind of group consciousness, with stronger components of individual desire than the Tibetan Buddhist model.

I also assume that I can't imagine it, that I might have clues, but I wouldn't imagine that I'd have a much better understanding of it than Columbus would of what he thought was India, and thought so for at least several years, I think.

BZ: So there wasn't any particular tradition of psychic ability in your family.

John Friedlander: There was, to the contrary, this super focus on the external, on the surface of life, and on accomplishment and achievement and very conventional, in business-oriented terms. And I think that was absolutely vital to my life. I already had this psychic stuff for many other lifetimes. But the appreciation and the focus on everyday life, I had been away from for too many lifetimes, and I needed some of this shock treatment.

BZ: What comes across in your book is a very sober and down-to-earth focus on specifics, and on how people who are trying to develop their own psychic ability need to have their feet on the ground. What you were just saying right now made me think of that aspect of your book.

John Friedlander: Yes. And that's not only because they need to have their lives work, but also because, I think, that everyday life is the doorway into true spiritual growth. It's not the only doorway. There are an infinite number of doorways, and there are an infinite number of directions, and yet, for society as a whole, it seems to me that we're moving through individuation into a kind of interdependence that is qualitatively, not just quantitatively, but qualitatively different from

any that is currently possible right now. So it is literally impossible to have right now the kind of group consciousness that we'll be moving towards.

BZ: Right now it's impossible?

John Friedlander: It's impossible. Because it requires a group. The ideas that you read in the old Alice Bailey stuff, about what group consciousness is about, is the obliteration of individuation. I think the obliteration part is wrong. You have cells in your body that have to have good clear cell boundaries. If they don't they become cancerous. So, if you have group consciousness without clear boundaries, you have Bosnia, you have East Africa, you have Nazi Germany. You will have group consciousness, but I think true group consciousness requires, it moves through and validates individuation.

BZ: There was something I read - maybe it was in *The Nature of Personal Reality* - that violence really isn't aggression, it's passivity. It's a group despair that comes from powerlessness and passivity. It was a redefinition of the word aggressiveness.

John Friedlander: Yeah. That's where Jane Roberts was really wonderful. And I think she's right. That's why when we teach, at The Practical Psychic Center of Ann Arbor, we teach people how to be psychics, we teach them how to recognize their boundaries. We teach them how to tell what's them and what's other people. But to be a good safe psychic, you need to be able to tell them what's you and what isn't you. What are your opinions and what aren't your opinions. And as you become more and more psychic, you respond more and more to the energies that go flying around and you have to learn how to be able not to respond as a conditioned reflex.

I'll give you an example. Yesterday, I was doing a reading for someone, and she started to tell me about a tree that had died and she didn't even get to its death. She said, I had this tree, and (loud clap) this quickly, I just get tired. Because she's showing me what we call a death picture at a psychic level. And my body just reacts to that death picture. Now if you're going to be a psychic, you've got to learn how to not get bumped around by that. There's at least two ways to do that. The way we choose is to really develop your life coping skills, and then you can have all this fun. So as your boundaries get clearer, paradoxically, you can reach more directly and intimately into someone else's experience. So that when I'm doing readings, it's almost like I'm having the reader's experience. I can learn a lot about what it's like to be them, say, for example to be female, because I see and I experience it directly through the reader's experience. Obviously I'm male, in this life, and so it's always an outsider's point of view, and yet it's an enormous kind of intimacy that requires that I have a clear sense of who I am. If I can do that in a non-rigid way, if I can have a very clear but flexible and playful sense of life, then I can open to levels of intimacy that are really awesome.

And my understanding is that what we're moving towards, this is not even yet a baby step. This is crawling. This isn't even staggering around like an eight-month old. This is just crawling. And eventually, we'll be riding along in cars. From walking to driving around. So to get back to your question,

"To be a good safe psychic, you need to be able to tell what's you and what isn't you."

my parents were out-of-control channels. They were very psychic, but they didn't have clear boundaries or any conscious awareness of or acceptance of psychic ideas. But I did learn from them to focus on physical reality. Consequently, I've taken really a very slow exploration into psychic reality. Even though I was into it in college and law school and all the time; if I had not practiced law for fifteen years, if I had not cared about trying to make it in physical reality — if I hadn't concentrated on these things, I probably would have been

psychic much sooner, and maybe more psychic, but I would've lost something far more precious. I don't think the task or the objective is ever to be the most of anything. It's to engage with life completely and fully and authentically.

BZ: That comes across in the book. The primary message in your book, for people who are searching for greater psychic ability, is to engage life in each of its facets. In that sense there was nothing woo-woo about your book at all. Nothing. It didn't have to be framed in terms of psychic ability. In many ways it was a personal growth book. Because many of the exercises in the book are exercises that anyone could use to become more open and sensitive, even if one was not trying to develop his or her psychic ability. "To create one's own beliefs," as a phrase and as a concept, has reverberated through the culture. It's not at all just about psychic potential.

John Friedlander: That's true. In fact, my publisher and I, if we were printing it now, would give *The Practical Psychic* a different name. I think I might I might call it *How You Can Create*. Or something like that. That first book deals with how do you interact with your physical environment, how do you make a life for yourself. And my next book, that's coming out in May of next year is about how do you make an emotional life for yourself. It's much more explicitly psychic, and yet, its primary orientation is still 'OK, psychic's great, but

**"Grace isn't bestowed from above; grace isn't perfection.
Grace is humanity.
Grace is being alive."**

how do you make this work?" And there are a lot of really psychic people around whose lives are a wreck.

BZ: I want to come back to talking about your next book. But I want you to first take me back a little bit both in terms of yourself and also in terms of the history of Seth and Jane Roberts and the New Age Movement. Something that struck me right away when reading *The Nature of Personal Reality* was that right there on the back jacket in the front were blurbs by Marianne Williamson, Louise Hay, Deepak Chopra, Gerald Jampolski, Shakti Gawain, Dan Millman and Sanaya Roman. In a certain sense, Seth and the Jane Roberts material was seminal, and obviously it had a far-reaching and profound effect on a lot of people who came later. Early on in the book, Seth talks about the chasm that existed at that time between the psychological and spiritual. Now, 25 years later, transpersonal psychology is all the rage. People talk about it, people understand the connection between the psychological and the spiritual. I'd like you to just take me through your sense of the seminal nature of the Seth material, and of what was being channeled. Because it was 25 years ago, and in a certain sense, it was ground-breaking. And I think that would be interesting for our readers.

John Friedlander: It's hard to imagine how ground-breaking it was! Even a decade ago, I had somebody say to me, Gee, you're always saying that you create your own reality. I've heard that for years, and this lady Jane Roberts says it too, with the sense that Jane had gotten it from someone else because Jane's work is so pervasive as to be invisible now. (Licker the infirm and aging cat re-enters the scene and climbs the couch.) That's very impressive, (referring to Licker's feat).

BZ: Will he let me pet him?

John Friedlander: Yeah. It looks like he will. That's something. He jumped up there.

BZ: That's good.

John Friedlander: See how skinny he is?

BZ: Oh, really skinny. All skin and bones. You can see how bony his legs are.

John Friedlander: Don't try it, Lick. Oh, you did it! I was really blessed to study with two people who I think were

erly radical in their orientation. It was funny, neither one expected the other's work. Lewis Bostwick was the founder of The Berkeley Psychic Institute and doesn't get a lot of citation.

BZ: But you always acknowledge him.

John Friedlander: I always acknowledge him; but everybody in the bay area was affected by Lewis just like everybody on the planet was affected by Jane Roberts. People did not to give him credit because most people either just really loved and almost worshipped Lewis or hated his guts. Many who benefited from him left angry, appropriated his work without citation, and so eventually their students might not know where their information came from. But what seemed radical about Jane and Lewis 25 years ago, is not what appears radical, as I look back on them. What seemed radical about Jane Roberts is that she had this utterly riveting new explanation of time and incarnation and probable reality that is utterly... that's not to say that if you had done a lot of really deep work, that you wouldn't have clues about Jane's stuff. The Tibetans know about probabilities, they just don't see them in the same way as part of their understanding of what life is, and what it's about. So there was this utterly riveting explanation of time and karma that just really changed everything. With respect to Lewis, there are lots of psychics running around now, but they were rare 25 or 30 years ago and they didn't have a lot of technique, they were just sort of, you know one psychic couldn't really talk to another psychic they couldn't share information.

BZ: There was no conceptualization of what they were doing. No common language.

John Friedlander: Right. But in 1973 you could go to the Berkeley Psychic Institute and there were people who had a common language and all that power of being able to work together and say, "Oh I see this in your third chakra. Why don't you do that?" And there was none of that, "I'm so holy, I'm so unique." And so that's what seemed so riveting the pure technical ability that not only Lewis had, but that he could teach, which nowhere else that I knew of was going on. I mean I know that there were very hidden places like Golden Dawn and places like that, but both Lewis and Jane were completely out in the open.

Looking back on it, what was most radical about Jane and Lewis was an orientation to life. Their orientation may bear some resemblance to Zen, for example, but it was really, I think, different. I think Seth's most radical idea is his definition of grace. Grace in the Western tradition is some transcendental being who brings you to some state of bliss or freedom from guilt, who relieves you of sins, and in the Eastern sense

it's some sort of enlightened (usually) man who sees all and knows all. Seth's concept of grace was that you're

in grace living your life in a relatively unobstructed way. I'm not talking about unobstructive in that you never get in a traffic jam or that you never have challenges, but that you are growing on your life path. So grace isn't something only held by saints. You could have a really nasty person who is in a state of grace because they would be *in their life*, and they would be doing their life so that at the end of life, they go up to the astral plane or whatever, everybody is clapping and says good job.

BZ: So grace isn't bestowed from above?

John Friedlander: Grace isn't bestowed from above; grace isn't perfection. Grace is humanity. Grace is being alive. Grace is living your life authentically. Now, to a certain extent, Lewis was not as intellectual as Jane Roberts, and Lewis was much more consciously psychic than Jane. They both made enormous contributions and they both really valued everyday life. And I think that's what was most radical about them.

BZ: She was in Elmira, New York?

John Friedlander: Yes. Somewhat out of the way. Those people who blurred her book, I don't think most of them met her, they're mostly probably responding to the stunning reconfiguration of the whole intellectual landscape that Jane gave birth to — around what the spiritual adventure was and where it fits in time and space.

BZ: Right. You know, there's a reference in *The Practical Psychic* to how, before Jane Roberts, there was Alice Bailey, and there were other mystics, but that this was a new generation of mysticism.

John Friedlander: A new version.

BZ: A new version of it. How was it that you as a 18-year-old or 20-year-old went in the direction of psychic development, as opposed to, for instance, being drawn to an Eastern spiritual yogi or...?

John Friedlander: Well, I first went in to being a yogi when I was at law school - my father was putting me through law school - and law school is really easy, unless you want to learn something. So, to pass, you really only had finals at the end of the year, or sometimes at the end of the semester. So I was really a full-time yogi for about three years. I went to India twice.

BZ: Oh, so you were drawn to...

John Friedlander: Really. I went in and had a guru who did the typical things— he was a very powerful yogic master and, like so many of them, got all caught up in sex and power and that sort of thing. Now the common explanation of that is that they were not really a master. I think that's a mistaken explanation.

What cautious gurus do is they set up certain kinds of relationships with a limited group of disciples, and they engage in certain interactions that have certain specific outcomes. But a lot of these gurus have gone out and gotten thousands or hundreds of thousands of disciples, most of whom are Westerners. And they just get blown open on an



And he was by a river—you know, it was that whole classic scene, with a little lean-to, and wearing a lungi, (a small cloth that covers just enough for modesty) and he has these women feeding him, and I was just grossed out by the whole thing. It was so divorced from real life.

And that's really when I started — I had already met Jane Roberts and Seth, and shortly after that I met Lewis. Both Jane and Lewis were ideologically antagonistic towards gurus, and I think they probably overshot the mark. I think they were blinded a little by their own ideologies, too; Jane's Seth would sort of caricature Buddhism, and what she was caricaturing was a lot of *our* approaches to Buddhism, but I don't think they were accurate characterizations of a subtly and deeply understood Buddhism. It's taken me a while to disengage from that. I'm not entirely disengaged from it. So, I first met Jane—well I lived in an ashram in Cambridge, and I came back from India.

BZ: Which teacher was it?

John Friedlander: It was the Ananda Marga community and his name was P.R. Sarkar. He may still be around for all I know. He's a pretty heavy guy but he ended up in jail and all kinds of things. So I worked after my second year in law school with a law firm and I came back at the end of the summer, and walked into the ashram and the first thing they said to me

"You can't control outcomes. The place most people learn that is with their children, you know? It really wouldn't work if you could control them, if you could make all your fantasies and dreams for them come true... well, your life is actually your child. You can give it the most care that you can, but you can't control what your life is going to do - it's too complex, it's too interactive."

energy level. The journey is not set up to do that. The body is not set up to handle those kinds of energies, and the gurus, the masters who fall, I would argue, suffer from an ideology of perfection. And they have an ideology that they have no desires. And so their ideology gets bent back in on them - well, they think, if I have these desires it must be for your benefit and not for mine.

I think most Eastern gurus have gotten caught up in this; the Westerners have actually done better - they tend not to get caught up those ideologies. They tend to be more influenced by concepts such as authenticity, which is a modern, Western concept. So I had this guru, and then I had a really seminal event. I was really becoming disenchanted with the whole guru journey when I went back to India for a second time and I saw all these gurus and they really didn't seem to me to be what life was about. And I remember going to Rishikesh and seeing this classic guru—I mean he was one heavy dude, and you could feel his energy from a long way,

notion of channeling. But I walked across the hall, picked up his book, this was about one in the afternoon, and I just read solid through. At some point I went to sleep, and I woke up the next morning and just kept reading. There were only two Seth books published then. There was actually a third but it wasn't really one of the books; it was printed by some other publisher. They reprinted it once she became famous. It isn't very good compared to Jane's other books. So I stopped at about noon, and walked down to Harvard Square to order my own copies of the books. Went back to the ashram and finished both books. And that's how galvanizing it was.

BZ: You can always tell when you're really ready for particular material, when you're so riveted by it that you just don't put it down and everything else stops while you're reading. **John Friedlander:** Yeah. Now, later when *The Nature of Personal Reality* came out, I tried to read it that fast. And I read it much too fast. I should have read it very slowly. And my life would have been better. I suffered psychic and ideo-

was,
"You've
gotta read
these
books." I
had heard
about Seth
three or four
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lier but I had
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the whole



logical indigestion from rushing through it, and not really understanding. And in fact, my book *The Practical Psychic* is really about 'OK, there's all this good information, how do we keep from really wrecking your life while learning how to use a better system.'

BZ: That's something that struck me about *The Nature of Personal Reality* when I made my way through it; it was really probably meant to be seen as a tome that one should read one page or two at a time.

John Friedlander: Some people have the experience that I had with the first two books, they read it quickly and they're just ready for it. But most people should read it exactly like you said: Just take their time, read it slowly. Seth's energy is in that book, and it can be too much. So I continued leaving the guru journey when I came back from India. I wasn't going to work for a while. I'd heard of this guy, Lewis, and thought he was a guru, but it turns out that he was something different. And I went out and studied there.

BZ: So you went out to Berkeley and lived there.

John Friedlander: No. I studied there really only for a month. It was very intense. Then I knocked around, had a very hard time getting my life together. I was so arrogant. And I had so little understanding. I knew enough to know that I didn't want to just become a full-time psychic. I knew there was something wrong about my purporting to tell people how to live when I didn't have a clue, but I didn't know enough to really know.

BZ: That's a wonderful line. A very quotable line.

John Friedlander: I didn't really understand what somebody would hire a lawyer for. I thought someone would hire a lawyer because I was so smart and so wonderful and I knew better ways of doing everything than they did (both laugh). But believe it or not, people hire a lawyer to do research and counsel people on legal questions, not on how to find God. I was all ready to tell them how to reorganize their life, and all

junior member, but sometimes what would happen is some really senior member would have a grandchild or something who was in Boston and so they would come up and do the interviewing and they could see their grandchild or something. An older lawyer - really a top, top partner from an Atlanta firm and I was telling him what I thought that the law could be, that what lawyers really could do was oil the wheels of interaction, aid and facilitate communication. He just stopped and said, "You know, you might be in the wrong area." Very sweet, the way he did that. He didn't just walk out sometime later and say, "What an idiot." He was

very sweet, he was almost old enough to be my grandfather. So he really said, you might be in the wrong profession. Maybe you should be in social work. I didn't believe him, but if I had understood what he was saying to me, which was that I had a very naive idea, I certainly would have avoided a lot of trauma in my life. And I then proceeded to, after I got out of law school, tried to create a family and work. I was really handicapped by lack of social ability.

So, now, a quarter of a century later, my life is really wonderful. I get paid for doing what I love to do. I mean, it's work, but it's really wonderful. And what's so thrilling about it is that it's like being a two-year-old. Every single day, I can perceive something I never perceived before.

BZ: That's worth celebrating.

John Friedlander: Every single day. So my interaction with the world is just changing every day.

BZ: Is that through doing readings for people? That's the two-year-old experience?

John Friedlander: I learn, in my own meditations, and from my work, and from friends that I work with, and as I do readings, I learn stuff. And you know now I channel a version of Seth and he'll sort of give me a little piece of information at a time, so he'll drop in. I'll be doing a reading, and he'll explain something that I've never known before. Just a little piece at a time, because you have to grow into these systems - you get it piece by piece, it's an exploration. It isn't someone who just dictates "the truth"; you have to have some foreknowledge before it can come out.

BZ: Is this Seth similar to the Seth that Jane Roberts channeled?

John Friedlander: Yeah. It is. You haven't read all of her books?

BZ: No.

John Friedlander: There is a version of Seth that she calls Seth II, which was a more expanded, a more global version of

the three rays - the first second and third ray, whatever they are. And so Lazarus would be a version of one of the rays, Seth would be a version of another ray, and the beings that Roman and Packer channel would be the third ray. So Seth is one version of the second ray, dealing with the democratization of consciousness. Whereas, Mahakali, in the Tibetan system, would be another version of the second ray, but she would deal with something else. It's pretty abstract. I think there are lots of people who channel Seth. Everybody would naturally channel one of those three beings. That doesn't mean that I can't channel the Lazarus ray. To a certain extent each channeling is utterly unique, because it's a blending, an intersection of my consciousness with the being's consciousness. To that extent, it's irreproducible by anyone else, but on the other hand, these are large beings. Their whole gig is the cosmic dance, is to interact with as much consciousness

"It's a lot of fun to be able to see auras and see people's experience directly and to share that kind of intimacy."

and in as many different ways, with as much loveliness and complexity and simplicity as they can. So they throw themselves at the minds of - the idea that one could channel a really large being and be the only person who's channeling that being is missing the point of consciousness - it's not that you have some schoolteacher that's looking down his glasses at you and saying 'do this, do this and do this.' It is a part of their experience to interact with us. They enjoy it even more than we enjoy it with them. They're doing it in literally infinite directions, not just in a large number of directions, but in a literally uncountable number of directions. And that is one aspect of their consciousness. That's my understanding of it. And they think we're cuter than kittens. In fact they're always laughing at things.

BZ: Will you tell me something about the derivation of the Practical Psychic Institute, now Center, and how it's coming along, and what your hopes for it are, and, to the degree that they've been realized, what your thoughts are about it?

John Friedlander: Well, we developed the Practical Psychic Center to teach a particularly psychologically oriented psychic system, a sort of blend of Lewis Bostwick's techniques with Jane's scope, somewhat of a re-orientation of Lewis' techniques and a re-orientation of Jane's scope, to a system that's a whole lot of fun. I mean, it's a lot of fun to be able to see auras and see people's experience directly and to share that kind of intimacy. It's also very empowering, so that you can work through things that would obstruct your life and your relationships.

I'll give you an example. Over the years I've learned how, for the most part, to not indulge in my anger. I've never been interested in transcending my anger. I think that's like transcending a sense of touch. Your anger is there to let you know that you've let your boundaries get stepped on. It's as important as a sense of touch. You know leprosy is really just losing your sense of touch and not knowing that you have all these sores that are becoming infected. And so what they do with lepers now is they teach them to look at their hands and their feet because they've lost their sense of touch. I think transcending your anger is a kind of emotional leprosy. You can lessen the number of things which make you angry, but the potential for anger remains.

Learning how to be human and own my anger has been a project of mine for many years. In fact I rarely lose it anymore and fewer and fewer things make me angry. But I still do not have what I would call a sweet disposition. And I have been very irritable. And recently I've been able to see what happens to my aura before I start to get irritable. The second layer of my aura collapses. And so, when I see that collapse, I can, as a matter of technique, I can pump it back up. And the way I've done it, it's still authentic; I haven't transcended my

"Channeling is so wonderful. Imagine the best big brother or best big sister you could possibly imagine, or the best uncle. I mean you just have a sense of this measureless resource that has a personal concern for you without intruding, and that's what channeling ought to be."

they wanted was somebody who knew how to do legal research.

BZ: Well, you may look back on that with a certain sense of bemusement at yourself, but there's a certain sweet naiveté about entering the profession of law, and yet sort-of hoping to...

John Friedlander: I have a good story, actually that's kind of cute. When I was in my second year of law school, I was being interviewed. Usually the law firms would send up some

Seth that, rather than having been incarnated, it was one of the beings that formed the world. Now it's almost 35 years since Jane first started channeling Seth. Everything is higher in frequency, and so the version that I channel is Seth II. A lot of channelers channel beings at that level.

BZ: That level meaning that level of consciousness?

John Friedlander: Yeah. My understanding of Seth is that Seth is sort of like a task designation. It's one version of a being that is really very huge, and is actually, I think, one of

itability, it's just that I have more space to respond to life in a more creative way. So it makes a difference in my life. It takes it more fun, not just for me but for my wife. And for other people.

BZ: Now, somebody could come up with a purely psychological technique for noticing when their anger was emerging and creating a space around their irritability so that they could deal with it differently.

John Friedlander: Yeah. Absolutely. There's never only one way to make any sort of breakthrough. There are always an infinite number of ways. What's nice about - so there's really nothing better about being psychic - it is a lot of fun. And it is very powerful. Becoming more psychic is about learning how to recognize our boundaries, learning how to recognize what's our energy and what is other people's energy, that's the first part of our curriculum; but then if you want to go further, you learn how to read auras, which really eventually leads to your being able to read auras in the midst of daily activity, and that opens enormous intimacy, and it opens your own capacity to explore what's happening in your aura. And how to channel.

Channeling is so much fun. It's just so wonderful. Imagine the best big brother or best big sister you could possibly imagine, or the best uncle. I mean you just have a sense of this measureless resource that has a personal concern for you without intruding, and that's what channeling ought to be.

BZ: That's a great and interesting definition of it, of what it ought to be. It's not something I've heard before.

John Friedlander: It is so wonderful. The guides can be so lovely, and with such a rich sense of humor and it shows so much affection and yet, non-interference.

BZ: Do you have a problem with some of the channels that are out there, or some of the channeling, or some of the books we have in the store, and who they are purporting to channel?

John Friedlander: Well, you know, I'm getting better at really walking my talk on this. That people have their own path, and their own ways, and there isn't just one way. There are various ways in which you can be silly. And one of the ways I have been silly is by being too ready to assume that somebody else ought to grow in a way different than the way they're growing, and so everybody has their own path.

There are, in my opinion, skillful means and unskillful means. And so I think a lot of what's out there is not very skillful. And yet, it speaks to those people. And so a lot of people are having to learn lessons the hard way - I learned the hard way, and I wish they didn't have to learn the hard way.

BZ: In your book, you write about people who are looking at the development of their own psychic ability in terms of whether they're going to be able to control an outcome. It's

nature of the interaction. Can you talk about that?

John Friedlander: Well, it's caught up in the idea of control. Our basic model for knowledge in our society is still the scientific model, which tends to control nature from the position of being outside of nature. So when you're driving down the highway at 65 miles an hour, you want to be able to control that car, and that's reasonable. And there's no touchy-feely stuff there, you want that car to do what it can do.

But that's not the way the heart works. That's not the way real life works. And that isn't the way you create your own reality. You can only control isolated bits of reality in sort-of technological ways, and even then you can't totally control even those bits. So you can't sit down and control your life. You can't say, in advance of having a relationship, 'OK I want to marry this woman, or this man.' That's not a power that you have. You can say you desire them, you can try it, but you have to understand, they have free will, too, and they may even be your soul mate, and be meant for you, but go elsewhere. They have the right to make a mistake. You can't control outcomes. The place most people learn that is with their children, you know? It really wouldn't work if you could control them, if you could make all your fantasies and dreams for them come true... well, your life is actually your child. You can give it the most care that you can, but you can't control what your life is going to do - it's too complex, it's too interactive. What you can do is you can get better at guiding your life in a gentle sort of way, and being more open and more resourceful at the surprises that come up.

People are very aware that there's something called chaos theory. And one of the lessons of chaos theory is that even within the mathematics of physics, small shifts or differences make exact prediction (and by inference, control) impossible. And life is even more complex. What I might call a kind of enlightenment is the understanding that lack of control is not really a drawback, that that is actually what makes it great. If it were possible to become perfect, if it were possible to be entirely in control of something, that would be tragic.

BZ: You write that in your book. You say no one really wants to win every tennis game. That if you could, life would be very uninteresting. That even the best tennis player can't win every tennis game, that even the best chess player can't win every chess game. You wouldn't want to.

John Friedlander: And even the most enlightened person doesn't control his outcome. The Dalai Lama is completely wonderful and one of the enlightened persons on this planet, and he doesn't control his outcomes. He engages his life thoroughly and richly and with enormous compassion.

BZ: I have read that if one made a list of the causes of what some rather spiritual beings died of, people we would com-



can't control your reality, so that when something happens it's useless to get down on yourself. The other side of that is you nevertheless look at it, take it apart, try to figure out what went wrong, and see if you can then interact more resourcefully the next time around.

So, while Jane Roberts died of rheumatoid arthritis, and that doesn't diminish her in my eyes, and in fact increases her, because this is a human being who did this incredibly creative thing. To me, what is so spectacular about Jane is not that she was super-human, but that she was human. That's what touches my heart. I nevertheless would encourage people to learn that there was a certain rigidity in Jane's ideology. That's my opinion. It may not be someone else's opinion, but it seems to me that it should occur to someone. This isn't an invalidation of Jane, but it is something that someone should also learn from her.

BZ: It's interesting information to put into the picture.

John Friedlander: Yeah. And if Ramakrishna died of cancer, I think it should occur to somebody to investigate, 'well maybe it was a boundary problem.' I recognize that that's an unusual interpretation of that, but...

BZ: Of course, we all have to die of something. You're saying that it's information that's worth finding some meaning in.

John Friedlander: I think so. Of course we have to die of something. And I'm sure Ramakrishna could have died of something else. And he chose not to exercise a certain level of control. Nevertheless, I think, and I understand there are a lot of people who would disagree with me on this, but I think that neither Ramakrishna nor anyone else is perfect in the Western or even Eastern sense of the word 'perfect'. And that we may all be already and always enlightened, but that part of the game is to learn how to deal with form, also. And there was some gap in Ramakrishna's knowledge.

BZ: Would you go back and talk about the Practical Psychic Center, because you started to, and then you moved away from it.

John Friedlander: OK, yeah, so what we have now are people teaching in various places around the country, and even a little bit internationally. I imagine that will increase when the book comes out, which is really about these classes. So, there are several very good psychics who are teaching regularly here in Ann Arbor.

BZ: Are these people who trained with you?

John Friedlander: Yeah, they've been trained with me, and so now they're teaching these classes. Occasionally I get involved. What I'm fascinated with now, and what I'm really putting most of my energy into is really something very different from what I'd been working on. I'm now almost fifty and I'm nice and secure. And so my orientation is now towards some really farther out sorts of things, some really new things. You're old enough, probably, to have a sense, when you started your journey, that chakras were in some sense new information.

"I think we're exploring how to alter the objective reality, eventually, in a collaborative way. Not that I can walk on water, but one person walking on water—that's been done before, that's boring. If we can get twenty people walking on water, that would be something new - that would be interesting."

just wrong-headed, that's not what it's about.

John Friedlander: Yeah. It's not about total control. It's not even about getting the right answers. In this next book we often say that you really don't even get any extra credit for getting the right answer. The only credit you get is when engaged in the question.

BZ: One of the things you wrote was that sometimes, if you go to a psychic, you will get, I don't know how you put it exactly, but you will get somewhat accurate information about yourself, but it will be useless; and other times you will not get accurate information, but it will be very valuable. And that people who think they should go to a psychic and not talk about themselves or reveal anything misunderstand the

monly accept to be high beings, that many of them had died of fairly upsetting cancers. This is covered in your book and it's also spoken about in *The Nature of Personal Reality*, the mistaken association between outcomes and what one is doing in one's life, in terms of spiritual development.

John Friedlander: Yes, and that doesn't mean that those outcomes aren't information that you have to integrate back into life. Seth has said something which I think is really fascinating - in one sense, you can think of the world as your unconscious, it's sort of the collective unconscious, and so what comes back at you is unconscious material until it comes back at you, and then you get a chance to attend to it and pay attention to it. So, it's very important to understand that you

Now Seth is introducing new kinds of phenomena that are more adventurous than chakras. Seth has the most interesting definition of ascension that I've encountered. He says it's a terribly overdramatic word for a process that is simply an expansion of perception. "Ascension" occurs when enough people are perceiving levels of themselves that are quote-unquote "at a higher frequency". Eventually we start to interact and live at that higher frequency. So it's not just sort of space brothers come down and suddenly raise our energy level and we all ascend to a new level. We just gradually extend our perception so that we're starting to see the acupuncture body, that's the first step, and that starts to become part of our everyday life, for more and more of us.

Eventually you just create this web of expanded perception, and then, all of a sudden, you've built a structure, and you just gravitate there. You're obviously going to interact out of the place where you're most resourceful, most capable, most loving. And so, as your perception expands, you just start to live there. And then, it's not that it's better, but it will be easier and more flexible and more intimate and more subject to different kinds of easier interaction.

BZ: Your ideas and your thoughts and your experiences are, by most people's reckoning in the traditional society, very far out there.

John Friedlander: Yes, they are.

BZ: Do you feel safe in your own travels or do you ever feel scared about how far you've gone from the...?

John Friedlander: Well, you know, you read a description of the entrepreneurial type of person, and that's what I am. I grew up in a family of entrepreneurs, I didn't grow up in a family of psychics, but I grew up in a family of entrepreneurs.

BZ: But you're an entrepreneur in the psychic realm.

John Friedlander: Yes, the entrepreneurial personality is someone who seems, to others, to be taking a huge risk. But to themselves, they are actually sort of risk-averse people. They really look at it - I mean successful entrepreneurs - they really look at it and sort it all out and they decide, is this a risk that's safe to take. Not that I'm guaranteed to succeed, but is this a reasonable risk to take, and they have a lot of confidence in their own abilities. So, in some sense, my arrogance has helped me.

BZ: It's one thing to be an entrepreneur as a real estate developer or as a business owner, somebody who expands and creates, but you're an entrepreneur in realms that are outside of the consensus thinking process. I hear what you're saying, and yet, to my eyes, it still looks like it's riskier.

John Friedlander: But see, it isn't riskier for me personally, because this is the only thing that fascinates me and moves me, and it's so much a part of me that I couldn't not do this and be happy. So I know that there are some people who wish I would stay longer in one field and tie down all the loose ends, but once I've figured something out... In other words, I'm now a pretty good psychic reader, so there's not

psychology?" As you learn to be a psychic, then there are particular kinds of adventures that you can go on.

So anyone can come in to these classes. The only prerequisites for these advanced classes are that you have to be fairly psychic, (which you can become in our earlier classes) the participants have to be able to talk to their guide, or see or feel some detail in their chakras, and they have to be able to deal with ambiguity. Because, like I say, I don't know why you should understand what I'm doing because I sure don't. [both laugh] But what happens is this tremendous amount of excitement. We really are exploring some things that are really alterations, not just possibly of subjective consciousness. I think we're exploring how to alter the objective reality, eventually, in a collaborative way. Not that I can walk on water, but one person walking on water—that's been done before, that's boring. If we can get twenty people walking on water, that would be something new - that would be interesting.

But, again, like I said, I think what we're moving towards is a new level of intimacy, and I think the way we do that is by strengthening our sense of who we are, our capability of interacting with other people, and extending our perception. And as we do that, whole different forms of consciousness which have never been in our history of our planet before, become available. And whole different relationships to God. You see, I think we're at a sort of Copernican-style leap. We thought we were at the center of the universe, we have thought that human consciousness was the center of consciousness, and there was this great adventure called the road to enlightenment, which you could only do as a human. And then that was the only game there was that was really exciting, and that, once you were done, you were done.

Now, the Buddha didn't say that. He refused to speculate what would happen after. But I think we're about to find out. We're about to move into collective consciousness.

BZ: You think we're about to find out?

John Friedlander: Yeah. Maybe in our lifetime, maybe not. But that doesn't matter, because we can be in grace because we're doing what we're doing. And it isn't about getting there, it's just about being who we are, but for someone who chooses to be excited by that exploration—you know, when Christopher Columbus and others were exploring the New World, there were people having perfectly rich lives in Europe, not doing any exploring. So I'm not saying that this is the only game in town, I'm saying this is one game, it's an exciting game.

BZ: You were just talking about somebody enrolling in a class offered by the Practical Psychic Institute. Do some people not hack it, so they don't get into the *Practical Psychic II* course; they're in *The Practical Psychic I*, but they don't have the psychic ability to go on?

John Friedlander: No, I don't think it's ever a case, or it's almost never a case of lack of ability. If you're an extremely well-educated straight male who isn't an artist or an engineer, you may have a real hard time with this [laughs]. OK? Or an extremely well-educated female, until you sort of break through, because too many post-graduate degrees do tend to dull the psychic ability. And it is easier for women, other things being equal, than for men.

BZ: So, that ability that you're referring to, to read auras, or to...

John Friedlander: But I'm a straight male with too much education, and not an artist, and I eventually made it, so it can be done.

BZ: Why engineers?

John Friedlander: Engineers tend to be very visual. So there are some engineers like Robert Monroe (editor's note: Monroe is the author of *Journeys out of the Body* and *Far Journeys*) who become naturally very psychic, very easily. Now there are a lot of engineers who are too rigid, but people who tend to be very visual tend to do very well at this.

BZ: So, in a sense, The Practical Psychic Center has its own momentum and your role is...

John Friedlander: I think basically anybody can do this; anyone can learn to read auras. What we do is we teach aura reading with a certain amount of technique. And the advantage of that is it tends - it tends, there's no guarantees, but it



tends - to be safer, and most important, we try to do it in a way that enhances your life, it enhances your life skills. And the other enormous advantage is that technique then gives you a common language, and then with a common language then you get to share. That's empowering and very intimate. But it's a lot easier to be psychic now than it was twenty years ago. The veils are just dropping. And so we teach classes faster and faster. We have people come in who are already professional psychics.

BZ: What are they looking for?

John Friedlander: Technique, grounding. I gave a class in Cincinnati, where I had just a phenomenally psychic lady. She's a professional, and she has a whole group of people who follow her. Her guide suggested to her that she come in to the class; it takes a lot of integrity and character when you're that psychic to be able to take someone else's class, but she just took it and thrived. She's already plenty psychic, but she was learning about the boundaries. She learned much, she enjoyed it.

BZ: I want to be sure that our readers get some information about the Ann Arbor Practical Psychic Center.

John Friedlander: Yeah. I hope you've got enough on that because I would like the Center to flourish. These techniques are really good. There are lots of good techniques out there. And ours aren't the only ones that are really good. These are really good. These are really healthy, grounded, and yet, they soar. To be able to see what's in another person's mind, (I don't guarantee that it will happen after four weekends,) but it does happen eventually, and increasingly. It's so thrilling.

BZ: For somebody who hasn't read your book, or who may not, but who may read the interview, how would you define the difference between a 'practical psychic' and a conventional psychic?

John Friedlander: I've really tried to distance myself a little bit from that word and that notion. Arrogance has been my journey, and I'm sure it will continue to be my journey. But I'm a lot less arrogant now than I was when I wrote that book, which was a decade ago. I really wrote that book to work out my stuff with the Seth material and to preach to people that I thought weren't being practical.

I'm not quite as convinced that it's that important to be practical. People who come to me get a lot of practical advice. That's why they like to come to me. I've continued to have that. I don't think it really gets into the book, but there's a lot of the energy of the way I was when I wrote that book. Really overbearing, which I don't like. Which is always the case, I mean, if it weren't the case that I'd grown in ten years, that would be a tragedy. So I wouldn't want to make the distinc-

"...Too many post-graduate degrees do tend to dull the psychic ability."

as much reason for me anymore to teach psychic reading. I already know how to do that. So...

BZ: You're ready to move on to the next thing...

John Friedlander: So there's some people who say, "You're so half-assed, John, why don't you make this a real professional presentation?" I say that's not who I am, and that's not what I do, and that's not a good use of my abilities. I'm not good at that sort of thing. What I am good at is exploring the unknown, at least unknown to me. So, twice a year, I'm teaching seminars and people come in from around the country, and I promise them that I don't know what the seminar will be about and I may not even know what they're about when they're over. And that the seminar will be collaborative. It's less that I'm teaching; I'm sort of leading the exploration. So you asked, you implicitly asked earlier in the interview, "Well, why be a psychic, rather than do this as

that sharp anymore. What I would like to say is that *lives* better, it's not whether you get them right or not, but whether you engage them.

One thing that has a lot to do with whether you enjoy your life is if you can know how to connect with other people in your life and your job, with whatever it is that you have to pay attention to, in a way sufficiently coherent that you have successes in your life. If you don't have some successes in your life, you're just not going to be able to hang around. You may have ten years where you don't have much success, but if you meet your life with integrity, you do start to have successes, and even the failures become a lot more fun. Because you have enough self-confidence that you don't have to be crushed by failure. And the range of what you can enjoy and appreciate in life expands. When Licker, who is really like a child to us, he's eighteen years old, he's been with us practically our whole relationship. He sleeps with us, will wake up at night and he'll be inside my arms next to my nest. I mean, this is an intimate relationship, and so when I thought he was dying, I knew enough to treasure every minute. And you know what I'm talking about.

So the most practical thing you can do is expand your range of how you relate to your life. You can let go of the idea that it's about the sense of guilt, and understand that it is about engaging life. And if you do that, if you do that with even a little bit of common sense, and if you allow yourself to learn, the most practical thing you can do is to allow yourself to learn from your mistakes. If you can allow yourself to learn, then you do start to have successes. They're fun. So ten years ago, I was telling people to be practical. Now I'm telling people to accept and enjoy your life, to be open in a way to what's going on.

BZ: And your next book, what is it really about?

John Friedlander: The one that's coming out. . .

BZ: Oh, there's two books that are in process?

John Friedlander: Well, one has been accepted for publication by Samuel Weiser (editor's note: Samuel Weiser is one of the leading publishers of metaphysical titles in the U.S.) That one is sort of finished; we're editing and re-editing. That's about how to own your space, to increase and use your psychic awareness for intimacy and healing, and it's about what we teach in *The Practical Psychic* classes. And then, I'm working on the Seth book.

BZ: Do you know the name of the one that's coming out?

John Friedlander: No, I don't. We don't know the title of it yet. Let me give you a transcript from the Seth book. You might find it interesting. This is the sort of stuff that I've been channeling now. I think it's really interesting, and it has a distinctly Seth tint to it, in a way that someone who was rigid and sort-of what I'd call a Seth zealot, would say, "Oh, that's not what Jane did," but I think someone who was sensitive would see that it is really the same sort of project, the same sort of energies.

BZ: I've taken a good deal of your time.

John Friedlander: It was really very kind of you to spend this much time doing this and to do all this work. I really appreciate it.

BZ: Well, the challenge will be, as I've found with each of the previous interviews, to take the overall raw material and edit it, but completely retain the integrity of the material. In conversation, people speak elliptically and go off on tangents. I find the tangents and meandering interesting, but Ruth, my wife, has said to me, after reading each of *The Crazy Wisdom Interviews*, "you know, you really need to make this more readable," and that's the challenge.

John Friedlander: I'm very divergent.

BZ: You're extremely divergent, and not linear at all.

John Friedlander: I'm so divergent that even people who are divergent are convergent to me. [Both laugh].

BZ: Thank you, John.

John Friedlander: Thanks, Bill.

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The Healing Sense

by Sheila Layla Ritter



We are seekers on the path to Wholeness. Sometimes we walk easily, with firm steps; sometimes we stumble around; sometimes we are stopped and stuck.

In recent years, we are becoming familiar with the concept of the "wounded healer". We are beginning to accept that healing can come from people with imperfections. We have given up the notion of doctors as gods. We are beginning to look for solutions to our problems in new places.

For me, and I think for many of us, the hardest step has been to look for healing within myself, to trust that I am still on my path even when life is bleak and painful, to listen to the many purveyors of "wisdom" in our culture and take only what fits for me.

If there is a centerpiece to this article and to my work, it is self-trust; trusting the rightness of all we are given, all that comes to us. It is understanding that no one escapes pain, and that healing does not always take away pain. It is defining healing as the serenity, the repose, the love to be who we are, to work with the lessons we have been given.

All of our senses can be healing - sight, sound, touch, taste, smell. Sometimes we can "smell" danger, and know it is time to run.

Sometimes we can "taste" heaven in an ambrosial food or experience. Most of us have heard music that soothes or energizes us; know colors that enliven us; have experienced the balm of a healing touch.

My work uses light, color, sound, movement and our "sixth sense" which has many names - energy, spirit, intuition, higher self, higher power, goddess/god. It is based on finding the deepest truth within us and allowing that truth to emerge. It may come as a story or a beautiful song, as a scream or as silence. It may emerge as a dance of joy or despair, or as the smallest movement of a toe or finger. It may come as pictures to be drawn, as swirls of color, or as images seen in the mind's eye.

It is my belief that healing does not always make us joyful, but that it does bring us to a feeling of "rightness", of being at home in ourselves, and that it is this feeling that can sustain us as we are tossed about on the seas of life. And it is through that feeling of "at-home-ness" that joy can enter our being.

I believe life is an opportunity to learn self-acceptance and self-trust. I invite you to say these words out loud: *I invite the energy of compassion, kindness, understanding, love, self-trust and self-acceptance into my life.* I invite you to attend to the sounds and colors in your environment that feel nourishing to you and increase their presence in your life. I invite you to take a moment when you're alone (in the car is one I use) and take a deep breath, and let any sound that wants to emerge, emerge. I invite you to stand still, in silence or with music, and, without thinking or judging, let your body move.

May you walk in beauty.

Sheila Layla Ritter is the founder of ChangeWorks, a consulting and therapy practice in Ann Arbor.



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Foundations of Astrology with Richard Smoot • Every Tuesday for ten weeks beginning Sept. 23 from 7:30 to 9:00 p.m. • A ten-week intensive A to Z introductory course devoted to concepts and principles via Taoist philosophy. We will cover keywords for planets, signs, houses, planetary aspects, and chart delineation. \$125 includes computer generated astrological charts. Class is limited in size. Call Richard Smoot at 484-1897.

Predictions Evening with 'Buz' Myers • Tuesday, Sept. 23 at 7:30 p.m. • Join us for a preview of 1998 predictions, global trends, as well as individual astrological signs. \$20. Call Mulberry Farm at 783-3830.

Relationship Astrology with Darri Low • Four sessions every other Sunday beginning Sept. 21 from 3:00 to 5:00 p.m. • This class enables participants to use astrology to better understand relationships with family, friends, partners, and mates. We will cover the intention and basis for relationship astrology, working with charts, and will examine the deeper implications of intimacy and bonding. \$60 for four sessions (includes two computer generated relationship charts) or \$20 for individual classes. Call B. Rose Fine at 434-4555.

Introduction to Astrology I with the Academy of Astrology • Eight Mondays beginning Sept. 22 from 7:00 to 9:30 p.m. • Basic understanding of astrology, its symbols, applications, natal charts, signs, houses, and planets. Learn about your moon and planets and what they mean in your life. Call Mary Beam at 434-1568 or Sherida Wysocki at 517-323-0240.

Intermediate/Advance Astrology Class with Matruka Sherman • Sept. 30 - Oct. 28, Tuesdays, 7:30 to 9:00 p.m. • This is an astrology class devoted to deepening self-awareness and self-acceptance and learning to make better informed choices. Recognize patterns that impede your growth. This class will be tailored to students' level of development and interest. \$75. Call Matruka Sherman at 213-7075.

Timing is Everything: Understanding Transits with Matruka Sherman • Nov. 4 - Nov. 25, Tuesdays, 7:30 to 9:00 p.m. • This intermediate class focuses on the shifting patterns created by transiting planets and their impact on the natal chart. Understand the timing and resolution of trends, opportunities for transformation, and a strengthened sense of one's place in the universe. \$80. Call Matruka Sherman at 213-7075.

Bodywork

CSF: An In-depth Approach to Working with Vital Fluid with Linda Diane Feldt • Saturday, Aug. 16 from 10 a.m. to 4 p.m. • A beautiful watery location is the setting for this workshop on cranial sacral fluid dynamics and how to further your work with cerebral spinal fluid. A day combining anatomy, theory, hands-on work, trance, and lots of personal feedback. Prerequisite: beginning level or higher craniosacral therapy or interview. Pot-luck lunch. \$50-\$80 sliding scale. Call Linda Diane Feldt at 662-4902.

Feldenkrais Awareness Through Movement at the Ann Arbor Movement Learning Center • Ongoing classes on Wed. at 7:30 p.m., Thur. at 7:30 p.m., Fri. at 12:15 p.m., and Sat. 10:30 a.m. • Classes on Wed., Fri., and Sat. will be oriented towards physical rehabilitation (low back care, TMJ, repetitive stress injuries, etc.) or performance enhancement (sports, working site ease, artistic or creativity improvement, etc.). Thur. classes will be an introduction to Feldenkrais involving basic lessons. \$10 per class or \$35 for four classes. Please call Jesse Nichols at 913-1072 for description.

Massage with Peter Baker through Univ. of MI Uncommon Courses • Six Wednesdays beginning Oct. 8. • \$40.00. Call Carmen Harrison at 764-7544 for more information.

Massage for Couples with Peter Baker through Univ. of MI Uncommon Courses • Oct. 6 and Oct. 23 • \$65. Call Carmen Harrison at 764-7544 for more information.

Introduction to Network Chiropractic: A Series of Talks • 8:00 p.m. • Discussions of how to create a healthy nerve system and achieve optimal health. An explanation of how Network Chiropractic techniques assist you to release physical, chemical, and emotional stress. Sept. 8: Are We Destined to Live Out Our Genetics? Sept. 22: Juvenile Diseases like Diabetes and Spinal Misalignments. Oct. 13: Levels of Care: Process of Recovering Neural Function. Oct. 27: Network Chiropractic: Posture and its Relationship to Emotions. Nov. 10: Dealing with a Health Challenge as Personal Growth. Nov. 24: Life is the Expression of Tones. Dec. 8: Chiropractic Care to Achieve Optimal Health. Dec. 22: Freeing the Body of Unwanted Stress. Cost is free. Call Dr. Rob Koliner at 761-5908

Couple Massage: Learning to Give and to Receive with Linda Diane Feldt • 8 Tuesdays beginning Oct. 14 from 7:10 to 9:40 • There will be no class Oct. 7 and Nov. 4 • Perfect for friends and partners, a full body massage will be learned as well as some time for individual concerns and questions. A popular class for 9 years through the AA Public Schools Rec and Ed. \$100-\$150 sliding scale per couple. Price includes video and manual. Call Linda Diane Feldt at 662-4902.

Polarity II with Linda Diane Feldt • Begins Wed. Sept. 24 from 7:10 to 9:40 p.m. • Open to those who have some experience in Polarity therapy. May be used toward APP certification. Deepen your understanding of the art and science of Polarity Therapy. Each class includes food samples, simple exercise, non-western anatomy and physiology, philosophy, and hands-on practice. \$100-\$140 sliding scale. Call Linda Diane Feldt at 662-4902.

When a dog runs at you, whistle for him.
—Henry David Thoreau

Polarity I with John Bodary • Eight Mondays beginning Sept. 15 at 6:30 p.m. • A beginning class in Polarity energy balancing which deals with theory and hands-on work. The first of three classes leading to an Associates designation with APTA. Deposit of \$60 due by Sept. 10 and then \$60 for each of 8 meetings. Call John Bodary at 582-5034.

Free Your Body & Enhance Your Day with Alice Greminger • Thursdays at 7:30 p.m. • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance, and support we all knew as children. Activities as varied as walking, computer work, performing, and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotions and creativity. Free intro class. Class cost is determined by enrollment. 5-hour weekend workshops are \$50. Call Alice Greminger at 665-0849.

Neuro Emotional Technique (NET) with Glen Miller • First Tues. of each month, 6:00 p.m. • Awaken and recognize emotional trauma and locate where you store emotions in the body. Release emotions painlessly with the NET protocol through the physical body. Cost is free. Call Glenn Miller at 995-2124.

Contract Reflex Analysis (CRA) with Glenn Miller • Second Tues. of each month, 6:00 p.m. • Muscle test the body and locate areas of weakness. Learn how weakness affects the relationship of energy to body organs. Use chiropractic and mega-nutrition to strengthen the body. Cost is free. Call Glenn Miller at 665-2124.

Belavi Facelift Massage Seminar with Nina Howard • Sept. 20-22, Nov. 8-10, Dec. 6-8 • This course is a dynamic hands-on training for professional health and skin care practitioners, such as massage therapists, bodyworkers, and estheticians. Call Nina Howard for cost at 747-8517.

Core Strength, Simple Grace with Khita Austin • Tues., Oct. 21, 6:30-8:30 p.m. • The rehab exercise discipline developed by Joseph Pilates reeducates, stabilizes, and mobilizes the joints and the deep neuromuscular system of the body with no impact to the joints. Strengthening and creating awareness of the deep core muscles close to the spine and pelvis allows the larger, more surface muscle groups to lengthen and move freely. Cost is free. Call Khita Austin at 741-0038.

Rolfing: A Gentle Approach with Leland and Khita Austin • Tues., Nov. 4, 6:30–8:30 a.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability, and centeredness replace armoring and tension. A hands-on presentation for interested persons. Cost is free. Call Khita or Leland Austin at 741-0038.

Bioenergetic Exercise Class with Judy Stone through Feeding Your Whole Self • Mon., Sept. 15–Oct. 20, 6:00–7:00 p.m.; Mon., Oct. 27–Dec. 1, 6:00–7:00 p.m.; Wed., Sept. 17–Oct. 22, 6:15–7:15 p.m.; Wed., Oct. 29–Dec. 10, 6:15–7:15 p.m. • Bioenergetic exercises involve gentle stretching and movement with attention to breath and sound, designed to restore the free-flowing pulsation of our energetic life force. They promote mind-body integration and awareness, relaxation, increased vitality, and more connection with feeling. Wear loose, comfortable clothing. \$56 for six weeks. Call Feeding Your Whole Self at 994-5549.

Working Energetically with Blocks in our Creative Process with Judy Stone through Feeding Your Whole Self • Sat., Oct. 18, 9:30–4:30 • This one-day bioenergetic workshop focuses on the energetics of unblocking our creative and imaginative selves. Through discussion, bioenergetic work, and structured exercises, you will develop an understanding of how blocks in your body interfere with being able to fuel and focus passion and creativity as well as processes to use on your own. \$105. Call Feeding Your Whole Self at 994-5549.

Bioenergetic Exercise Group with Mary Seibert • Six-week session on Thursdays beginning Sept. 18 or Nov. 6, 9:00–10:00 a.m. • Bioenergetic exercises require no experience. They incorporate gentle stretching with breath and sound to open the body's energy channels. They promote increased breathing and awareness of the mind-body-spirit connection. Wear loose clothing. \$42 for six-week session or \$8 for drop-in. Call Mary Seibert at 668-0515.

Buddhist Teachings & Buddhist Meditation

Discovering the Taste of Spaciousness: Entering the Ancient Tantric Path at the Crazy Cloud Dharma Center • 1st and 3rd Mondays of every month • This is an introductory class for those interested in encountering the bliss and wisdom of the ancient Tantric path of Vajrayana Buddhism. Cost is free. Call Crazy Cloud at 741-1084.

Entering the Heart of the Sun and the Moon: Relationship as Practice with Lama Mingyur Dorje • Fri., Oct. 3, 7:00 p.m. • Powerful teachings on Khandro/Pawo – Female/Male mirroring from the lineage of Khyungchen Aro Lingma. Methods on how our romantic partners can be our teachers. \$5. Call Crazy Cloud at 741-1084.

Moving Being: Physical Yoga of the Dzogchen Long-De with Lama Mingyur Dorje • Sat., Oct. 4, 9:00–5:00 • Exploration of being, embodiment, and spaciousness using powerful methods of movement and meditation. \$55. Call Amrit at Crazy Cloud at 913-5417.

The Taste of Bliss and Wisdom: An Introduction to the Flaming Jewel Lineage with Khepa • Sat., Oct. 11, 10:00–4:00 • This is an experiential introduction to the simple, direct, and powerful methods of the lineage of the Ancient Nyingma school of Tantric Buddhism. \$30. Call Crazy Cloud at 741-1084.

Embodying Being: An Exploration of Inherent Joy with Cynthia Gormley • Sat., Nov. 22, 10:00–4:30 • This one day event will teach practical methods for discovering our embodiment and emotions as a path to openness and joy. \$65. Call Devi at 332-4247.

Zen Buddhist Temple Sunday Services • Sundays, 9:30–11:00 a.m. or 5:00–6:30 p.m. • Morning service includes two periods of meditation followed by a talk. Evening service includes one period of meditation, chanting, and a talk with questions. Donation. Call the Temple at 761-6520.

Introductory Zen Meditation Course at the Zen Buddhist Temple • Five Thursdays beginning Sept. 11 or Oct. 30, 6:15–8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course concentration and mindfulness practice. \$120/\$100 for students. Call the Temple at 761-6520.

Fall Yongmaeng Chongjin at the Zen Buddhist Temple • Oct. 3–5 • An intensive three-day retreat. \$150 for nonmembers, \$120 for members. Call the Temple at 761-6520.

One-Day Retreat at the Zen Buddhist Temple • Oct. 17–18 and Nov. 14–15, Fri. 7:00 p.m. to Sat. 5:00 p.m. or Sat. 8:00 a.m. to 5:00 p.m. • Sitting and walking meditation. A day of silence. \$60. Call the Temple at 761-6520.

Meditation Workshop at the Zen Buddhist Temple • Sat., Nov. 1, 9:00 a.m. to 12:00 p.m. • A brief instructional introduction to meditation practice, geared to people who have difficulty sitting on mats on the floor or who simply prefer to sit in chairs. \$60. Call the Temple at 761-6520.

Overnight Introductory Meditation Course at the Zen Buddhist Temple • Dec. 5 at 7:00 p.m. to Dec. 6 at 4:00 p.m. • \$140 for nonmembers, \$120 for members. Call the Temple at 761-6520.

Year End Service: Kindling Light of Wisdom Mind at the Zen Buddhist Temple • Dec. 31, 7:00 p.m. • A time for contemplation and reconciliation and lighting candles for the peace and happiness of all beings. This is a beautiful and meaningful way to begin New Year's Eve. All welcome. Call the Temple at 761-6520.

Tempus edaz rerum Time, consumer of all things

New Year's Day Service at the Zen Buddhist Temple • Jan. 1, 10:00 a.m. • A good beginning. All welcome. Call the Temple at 761-6520.

Beginning Lam Rim and Lam Rim at Jewel Heart • Sept. 7, Sept. 28, Oct. 5, Oct. 26, Nov. 2, Nov. 23, Dec. 7, 1:30–3:30 • Integrating all of Buddha Shakyamuni's teachings into a clear, step-by-step path to enlightenment, the Lam Rim provides information to learn, think, analyze, and meditate upon, allowing one to practice these teachings relative to one's own experience, bringing skill and happiness while coping with all one encounters in daily life. Donation. Call Jewel Heart's calendar machine at 994-6139 or the office at 994-3387.

Guide to the Bodhisattva's Way of Life with Gelek Rinpoche of Jewel Heart • Tuesdays beginning Sept. 16, 7:30 p.m. • Gelek Rinpoche continues with teachings as commentary on this text by 8th c. author Shantideva. A bodhisattva is one who, having identified the relentless unhappiness we all experience, determines to become enlightened to develop and attain the skill to help relieve all beings of their suffering. Donation. Call Jewel Heart's calendar machine at 994-6139 or the office at 994-3387.

Meditation Course at Jewel Heart • Sept. 7, Sept. 28, Oct. 5, Oct. 26, Nov. 2, Nov. 23, 10:30 a.m.–12:00 p.m. and Dec. 7, 1:30–3:30 p.m. • Concentration meditation taught according to the Tibetan tradition is directed at calming the mind with a development of collecting and maintaining focus. Donation. Call Jewel Heart's calendar machine at 994-6139 or the office at 994-3387.

Celebrations & Rituals

Candlelight Ceremony at the Lighthouse Center • Sundays, 6:00–7:00 p.m. • For mantra meditators. Call the Lighthouse Center at 449-4381.

Ritual for Mabon: Autumnal Equinox with Willow • Sept. 12, 6:45–10:00 p.m. • Meet with us as we turn the Wheel of the Year, harmonizing ourselves with the tides of the seasons. We will participate in an Inka Fire Ceremony and European energy-raising to heal issues between parent and child, whether in our families or inside ourselves. This energetic and symbolic work reconnects us with our deep selves, releasing restorative energy that produces immediate and practical changes in our lives. \$9–\$17 sliding scale. Call Willow at 663-5505 or E-mail Snakewillo@aol.com.

Dimensions in Light Festival • Sun., Sept. 14, 11:00 a.m.–7:00 p.m. • Vendors, readers, bodyworkers, and free lectures. \$5. Call Nirmala at 663-2218.

Midwest Gathering: Year of the Labyrinth at Mulberry Farm • Sept. 19–21 • Join us as we spiral into the center of our being with the labyrinth. Take advantage of workshops with Nicki Scully, 'Buz' Myers, Judith Thomson, Charla Hermann, Tarwater, and Jan Nagy. Come for one day or the weekend. \$195 plus lodging. Call Mulberry Farm at 783-3830.

Fall Equinox Ritual with Shining Lakes Grove • Sept. 20, 2:00–5:00 p.m. • Join us as we celebrate the return of autumn. Open to all. Cost is free. Call Shining Lakes Grove at 480-2082.

Magickal Life Pentacular: A Psychic Fair at Room 130 Goodison Hall, Eastern Michigan University • Sat., Oct. 4, 11:00 a.m.–6:00 p.m. • Readers, jewelry, workshops, incense, candles, ritual items. \$2.

The Crazy Wisdom Calendar

Ritual for Samhain: Celtic New Year with Willow • Oct. 24, 6:45–10:00 p.m. • See description for Ritual for Mabon, above. \$9–\$17 sliding scale. Call Willow at 663–5505 or E-mail at Snakewillo@aol.com.

Ritual for Yule: Winter Solstice with Willow • Dec. 19, 6:45–10:00 p.m. • See description for Ritual for Mabon, above. \$9–\$17 sliding scale. Call Willow at 663–5505 or E-mail at Snakewillo@aol.com.

Winter Renewal at Mulberry Farm • Dec. 20 • Come for an evening of firewalking with Daina and Kurt of Potentials or sweating as well as a ceremony to bring back the sun. Firewalk: \$50–\$85. Sweat: \$20. Bring a dish to pass. Call Mulberry Farm at 783–3830.

Some day, after we have mastered the winds, the waves, the tides and gravity, we shall harness...the energies of love. Then, for the second time in the history of the world, man will have discovered fire.

—Teilhard de Chardin

Channeling

Seth Series on Emerging Multidimensional Relationships with John Friedlander of the Practical Psychic Center of Ann Arbor • Sept. 12, Oct. 10, Nov. 14, Dec. 12, 7:30–9:30 p.m. • Since these talks are channeled, the specific topic may change. May be attended separately. \$10 each. Call 996–5501.

Crystal Clear Expression: A Channeling Evening with Nanci Rose Gerler • First Monday of each month, 7:00–9:00 p.m. • Various masters, guides or angels will be channeled with messages of spiritual guidance and love. Taping permitted. Donation. Call Nanci Rose Gerler at 996–8799.

Open House Channeling Sessions with Aaron • Wednesday evenings • Aaron is a “Being of Light,” a deeply loving and wise spirit who teaches with humor and compassion. He is channeled by Barbara Brodsky throughout the world. Aaron will give a talk and there will be time for questions as well as a social period. Donation. Call Deep Spring Center at 971–3455.

An Evening with P'taah • Sept. 18, 7:00–10:00 p.m. • P'taah is an entity channeled by Jani King who describes himself as a Pleiadian energy coming forth as a teacher to assist in the unfolding of human consciousness as humanity moves toward total transformation. P'taah's wise and gentle teachings reflect the unlimited potential within every human being to create a world and state of beingness beyond anything we have been taught. P'taah leads us on a voyage of self-discovery, redefining our ideas of who we really are and how we may recreate our lives to experience peace, love, abundance, and personal power. \$25. Call Linda Evans at 663–5041.

Workshop with P'taah • Sept. 21, 10:00–4:00 • A one-day, hands-on seminar designed to change your life. Participants work with P'taah (see description above) to come to the deepest levels of emotional patterning that keeps us limited to repetitive situations of powerlessness, poverty, and unfulfilling relationship. In identifying and experiencing these emotions, we can learn to align them and step into a place of choice and change. \$75. Call Linda Evans at 663–5041.

Childbirth Preparation

Childbirth Preparation Classes with Patty Brennan • Tuesdays, Oct. 28–Dec. 2, 7:00–9:15 p.m. • Share in a midwife's experience with normal birth. Series prepares woman and her partner for birth in a variety of setting. Emphasis is placed on developing confidence in your body's natural abilities, labor support techniques, alternatives to drugs, and cesarean prevention. \$150 per couple. Call Patty Brennan at 663–1523.

Homeopathy for Midwives & Mothers with Patty Brennan • Oct. 24, 10:00–5:00 • This in-depth workshop focuses on the use of homeopathic remedies during the childbearing year. Discussion includes remedies for infertility and miscarriage, common prenatal concerns, complications of labor and delivery, and postpartum concerns of both mom and baby. \$50. Call Patty Brennan at 663–1523.

Early Birth Childbirth Classes with Isabelle Joy Yingling • Oct. 6, Nov. 3, Dec. 1, 7:00–9:00 p.m. • Special topics of interest for expectant couples including circumcision, infant massage, lay midwifery care, infant/parent support, and yoga. At each meeting, a couple shares their birth story. Refreshments served. Cost is free. Call Isabelle Joy Yingling at 475–0022.

Bradley Method Childbirth Classes with Isabelle Joy Yingling • Mondays, Nov. 10–December, 7:00–9:30 p.m. • Eight-week course focuses on relaxation as the safest and most effective way to minimize pain in labor and activate the production of natural endorphins. The aim is to prepare to become family and to avoid drugs and interventions to totally experience the joy of giving birth. \$175 per couple. Class size limited to 8 couples. Call Isabelle Joy Yingling at 475–0022.

Vegetarian Pregnancy with Naturopathic Physician Suzie Zick • Oct. 16, 7:30–9:30 p.m. • Learn how to make healthy choices and meet specific needs during pregnancy while on a vegan or vegetarian diet. Dr. Zick will also touch on simple herbal and homeopathic ideas for helping meet basic pregnancy needs. Cost is free. Call Sharon at 769–0095.

Death & Dying

Death is Not Your Enemy at the Practical Psychic Center of Ann Arbor • Oct. 13, 7:00–9:30 p.m. • An introductory exploration of ancient and modern concepts regarding death and dying, and the integration of death into our life experience. We will look at personal issues around fear and avoidance, experience guidance through the dying process, and seek to embrace it as part of life. \$20. Call 996–5501.

Dreamwork

Crazy Wisdom Lecture Series: Healing Power of Dreams with Rebecca Mullen • Sept. 19, refreshments at 7:30, lecture at 8:00 p.m. • Dreams come to us for the purpose of health and healing, to balance and regulate psychic energies, and to connect us to universal messages. \$3 donation. Call Carol Karr at 665–2757.

Dream Interpretation with Rebecca Mullen through Univ. of MI Uncommon Courses • Tuesdays beginning Oct. 7 • \$40. Call Carmen Harrison at 764–7544.

Dreams and Their Healing Power with Rebecca Mullen • Sundays or Mondays, 7:00–9:30 p.m. • Dreams come to us to balance and compensate our conscious awareness. People will be encouraged to share their dreams and penetrate their symbolic meanings. \$5–\$10 sliding scale. Call Rebecca Mullen at 662–5925.

Druidic Lore

Druidic Lore and Magical Tradition Lecture Series with Shining Lakes Grove • Session I of each class (7:00–8:30 p.m.) is open to the public. Session II (8:30–10:00 p.m.) requires registration. Cost is free. Call Johnna at 485–8632.

Sept. 16 Session I: Introduction to Neopaganism

Session II: Magical Theory I, Journaling

Sept. 23 Session I: History of Modern Druidism

Session II: Magical Theory II, Meditation

Oct. 7 Session I: Group Dynamics and Communication

Session II: Magical Theory III, Visualization

Oct. 21 Session I: History of ADF and SLG

Session II: Magical Theory IV, Astrology

Nov. 4 Session I: Origins and History of Indo-European Peoples

Session II: Earth, Divination

Nov. 18 Session I: Celtic History and Archaeology

Session II: Air, Sacred Space

Dec. 2 Session I: Ethics and Humor

Session II: Fire, Energy, Work

Dec. 16 Session I: Celtic Mythology

Session II: Water, Psychic Self-Defense

Drumming

Power of Pulse: A Rhythm Workshop with Glen Velez • Nov. 9 • Discover the power of pulse and learn to speak a drum language as world-renowned Glen Velez leads you through series of activities with humor and compassion. Build communication skills, explore the art of listening, and experience pulsing through his teaching system based on rhythms of the Middle East, N. Africa, and Central Asia. Learn frame drum technique and overtone singing while heightening your musical and emotional resonance. Call UHEAC at 248-33-1021 or Judy at 248-656-1071 for cost.

Women's Drumming Circle at Mulberry Farm • Sept. 5, Oct. 3, Nov. 7, 7:30 p.m. • All are welcome in this circle of drumming, singing, sharing, and seasonal devotions. \$3. Call 248-83-3830.

Enneagram

Self-Discovery Using the Enneagram with Jonathan Tyman and Barb Linderman through Inward Bound • Tuesdays, Sept. 16–Nov. 4 • The Enneagram is an ancient system of human development based on nine personality styles and how they interact with each other. Each style is characterized by repeating inner concerns. The styles differ radically in their point of view and it's valuable to recognize these differences. \$56. Call Barb Linderman at 971-8562 or Jonathan Tyman at 996-4549.

Family Relationships: An Enneagram Perspective with Maria Beesing at the Weber Center • Oct. 31 at 7:30 p.m. to Nov. 2 at 1:00 p.m. • This practical workshop invites participants to examine core issues, to have the opportunity to express personal questions or concerns, and to receive specific strategies for enhancing family relationships. Indicate Enneagram number at registration. \$100. Call Weber Center at 517-263-7088.

Feng Shui

Three-day Professional Feng Shui Certification Course with the Feng Shui Institute of America • Oct. 4–6 • Includes 3 days of intensive training, an extensive training manual, participating in an on-site feng shui consultation, and one-year mentoring privileges. Limited enrollment. Call the Feng Shui Institute at 561-589-9900.

Feng Shui Workshop with Dennis Fairchild sponsored by the Lighthouse Center • Oct. 26, 12:00–4:00 p.m. • \$60. Call Prachi at 449-4381.

Herbs, Plants, & the Garden

Weed Walks with Linda Diane Feldt • Sept. 13, 2:00–4:00 p.m. • Join us for a slow tour of the area's abundant weeds, also known as nourishing and medicinal plants. Identify the plants you've heard so much about and learn how you can harvest them, when, why, what parts, and preservation. Handouts are provided in a friendly, low-pressure learning environment. Kids are welcome; under age 12 are free. \$10–\$20 sliding scale. Call Linda Diane Feldt at 662-4902.

Herbal Wisdom Class with Linda Diane Feldt • Ten Mondays beginning Oct. 13, 7:10–9:40 p.m. • Covers topics such as first aid, making tinctures and salves, distinguishing between nourishing and medicinal herbs, how to talk to plants and avoid giving the impression of lunacy, and more. \$100–\$150 sliding scale. Call Linda Diane Feldt at 662-4902.

**Life is not the way it's supposed to be.
It's the way it is. The way you cope with
it is what makes the difference.**
—Virginia Satir

Herbal Wisdom Workshops with Linda Diane Feldt • First Tuesday of each month, 7:30–9:30 p.m. • For the third year, this class at the People's Food Co-op is open to everyone with a different topic each month. Topics to be announced. Check the AA Observer and Co-op Newsletter for details. Preregistration is suggested. Cost is free. Call Linda Diane Feldt at 662-4902.



Photography by Linda Lawson

Patty Brennan is a midwife, homeopath and health educator. Here she is making a postpartum visit with Tracey and Dave Perample, and their daughter Aiyana. She is the producer of the homebirth video *Trusting Nature: Today's Traditional Midwife*.

Holistic Health & Healing

Crazy Wisdom Lecture Series: Introduction to Naturopathy with Susie Zick • Sept. 5 • Refreshments at 7:30, lecture at 8:00 p.m. • Naturopathy is a holistic natural health system. This lecture will cover the history, treatments, and methods of Naturopathy. \$3 donation. Call Carol Karr at 665-2757.

Healthy Family Series with Suzie Zick, Naturopathic Physician at the People's Food Co-op • 7:30–9:00 p.m. • Cost is free. Call Sharon at 769-0095.

Naturopathy: An Introduction • Sept. 18 • This will be a fun and informative session on the education, underlying philosophy, and treatments offered by naturopathic physicians. She will answer basic questions about general health concerns and how Naturopathy approaches them using herbs, diet, homeopathy, and compassion.

Healthy Infants & Children, Naturally • Nov. 20 • Learn how to work with everyday childhood and infant illnesses such as ear infections, colds, flu, and rashes using gentle herbs, homeopathics, supplements, and hydrotherapy.

Vegetarian Teens • Dec. 18 • Teens: learn how to be healthy and how to fit in with your meat-eating friends while eating a vegetarian diet. Parents: learn what's important to have in a teen's vegetarian diet to be sure it promotes health.

Feeding the Skin with Live Enzymes with Nina Howard • Sept. 24, 7:00 p.m. • Holistic skin care with live enzyme epicure products. Cost is free. Space is limited. Call Nina Howard at 747-8517.

Vaccinations: Concerns & Alternatives with Patty Brennan • Oct. 18, 9:00 a.m.–12:00 p.m. • Discussion centers on a consumer approach to childhood diseases and available vaccines. Emphasis is placed on making an informed decision about vaccines, the prevention and treatment of bad vaccine reactions, your legal rights to waive vaccines for your children, and homeopathic alternatives to vaccines. \$30. Call Patty Brennan at 663-1523.

Health through Imagery with Dawn Clark • Oct. 11, 10:00 a.m.–12:00 p.m. • Enhance your healing powers through visualization. Use imagery to help heal yourself and to create your own good health. This method is not meant to be used in place of traditional medicine but to enhance it as do other alternative healing tools. \$10. Call the Practical Psychic Center of Ann Arbor at 996-5501.

Rituals of Healing with Barbara Dossey • Nov. 5, 1:00 and 7:30 p.m. • Based on her newest book of the same title, she will bring further into our consciousness and into the medical world the power to transform crisis into wisdom and helplessness into inspiration. \$10. Call Church of Today at 810-758-3050.

Spiritual Wellness: A Call to Holistic Living with Emily Nabholz of the Weber Center • Nov. 14 at 7:30 p.m. to Nov. 15 at 5:00 p.m. • This workshop will present perspectives on the meaning of wellness as a way of living life at the deepest level of the call to wholeness. Principles of spiritual wellness and a comparison of the biomedical model with the spiritual model of caring for health will be offered. Resources that promote well-being and universal addictions that keep us from an integrated spiritual wellness will also be explored. \$75. Call the Weber Center at 517-263-7088.

The Crazy Wisdom Calendar

Wise Woman Tradition and the Nature of Healing with Linda Diane Feldt • Eight Thursdays beginning Sept. 11, 7:10-9:40 p.m. • An overview of the Wise Woman Tradition, perfect for practitioners and lay people who are attracted to this nurturing and nourishing approach to health and life. Highly experiential and includes classes on the six steps of healing, inspiring food, use of herbs, ritual traditions and practical use, song, stories, and more. \$80 - \$110. Call Linda Diane Feldt at 662-4902.

Midwest Academy for Healing Arts presents Integra with Janet Nagy • Class I of Session I begins Nov. 21, 10:00 a.m. • Integra is a well-crafted, eclectic interdisciplinary curriculum designed to deepen understanding and experiential knowledge in the healing arts for health professionals and sincere lay persons. Call 783-3830 for cost and brochure.

Healing the Body with Food and Herbs Lecture Series with Cindy Klement • Body systems work in harmony. The natural health philosophy focuses on maintaining balance within body systems. Each system requires different nutrients to perform its special functions. Understanding body systems will help you make informed nutritional choices. Join us as we review functions and anatomy of each body system as well as recommended foods, supplements, and practices that heal each system. \$10 per class. Class size very limited. Call Cindy Klement at 975-2444, extension 1.

Healing the Digestive System: Sept. 3, 7:00-8:00 p.m. or Sept. 4, 7:30-8:30 p.m.
Healing the Intestinal System: Sept. 10, 7:00-8:00 p.m. or Sept. 11, 7:30-8:30 p.m.
Healing the Nervous System: Sept. 17, 7:00-8:00 p.m. or Sept. 18, 7:30-8:30 p.m.
Healing the Glandular System: Oct. 1, 7:00-8:00 p.m. or Oct. 2, 7:30-8:30 p.m.
Healing the Immune System: Oct. 8, 7:00-8:00 p.m. or Oct. 9, 7:30-8:30 p.m.
Healing the Circulatory System: Oct. 15, 7:00-8:00 p.m. or Oct. 16, 7:30-8:30 p.m.
Healing the Respiratory System: Oct. 22, 7:00-8:00 p.m. or Oct. 23, 7:30-8:30 p.m.
Healing the Urinary System: Oct. 29, 7:00-8:00 p.m. or Oct. 30, 7:30-8:30 p.m.
Healing the Reproductive System: Nov. 5, 7:00-8:00 p.m. or Nov. 6, 7:30-8:30 p.m.
Healing the Structural System: Nov. 12, 7:00-8:00 p.m. or Nov. 13, 7:30-8:30 p.m.
Healing Hair, Skin, Nails, & Teeth: Nov. 19, 7:00-8:00 p.m. or Nov. 20, 7:30-8:30 p.m.
Children's Health: Dec. 3, 7:00-8:00 or Dec. 4, 7:30-8:30 p.m.
Fasting & Cleansing: Dec. 10, 7:00-8:00 p.m. or Dec. 11, 7:30-8:30 p.m.
Weight Management: Dec. 17, 7:00-8:00 p.m. or Dec. 18, 7:30-8:30 p.m.

Sic itur ad astra
Such is the way to the stars

Homeopathy & Family Home Health Care with Patty Brennan • Oct. 11, 9:00-3:30 • This in-depth workshop is designed to orient newcomers to homeopathy and simplify the task of home prescribing. Emphasis is placed on enabling the lay person to treat common acute problems and first-aid crises at home. \$60. Call Patty Brennan at 663-1523.

Holistic Approaches for the Health and Healing of our Children with Marijo Grogan • Sept. 18, Oct. 16, Nov. 20, 7:00-8:30 p.m. • This lecture series will address issues such as herbal and dietary alternatives to drug therapies for depression, anxiety and attention deficit disorder, bioenergetic exercises, suggestions for promoting creativity, solitude and service for adolescents, and family stories as a basis for sharing values with children. Sponsored by an alliance of health professionals to explore holistic alternatives for meeting physical and emotional needs of children and adolescents. \$5 for individual, \$7 for family. Call Marijo Grogan at 769-6374.

Infant Massage

Infant Massage with Audrey Simon • Wednesdays at 10:30 a.m., classes start monthly • Four-week class to learn the benefits and method of interactive massage according to the baby's individual needs. The purpose of the class is to enhance loving communication and bond between baby and caregiver. \$85 includes handbook, bottle of oil, and handouts. Call Audrey Simon at 741-9706.

Jewish Spirituality

Darchei T'Filah-Pathways of Prayer-Derech-Pathways with Barbara Boyk • Two initial workshops of longer duration, followed by monthly two-hour sessions, Sept. - Dec., 1997 • Monthly session designed to work with personal issues and their connection to spiritual development. The work will draw on techniques and resources which foster insight and release for the physical body as well as the intellect, emotions, and spirit. Derech participants are also asked to attend the T'Filah group. Call Barbara Boyk for cost at 994-5032.

Darchei T'Filah-Pathways of Prayer-T'Filah-Prayer with Barbara Boyk • Two initial workshops of longer duration followed by monthly two-hour sessions, Sept. - Dec., 1997 • Monthly sessions of song, chant, gentle movement, and silent meditation will be offered with an emphasis on widening the range and deepening the participants' experiences with prayer as a resource for personal connection to spirit. Call Barbara Boyk for cost at 994-5032.

Kids & Young Adults

T'ai Chi Ch'uan for Young Adults with Wasantha Young • Classes begin Sept 9, 4:00-5:15 p.m. • Learn T'ai Chi Form, Chi Kung, sitting and standing meditation, basic kicks and punches, and Push Hands. \$135 semester, \$325 school year. Call the Peaceful Dragon School at 741-0695.

Kids Creative Frolic through Magic Dragon Studios with Jean Louise Balliet and Clara June Balliet • Sundays, 11:30 a.m.-1:00 p.m. • Kids will enjoy loosely structured group movement, vocalizing, rhythm-making, and friendly games. Ages 4 and up, under 4 with caretaker only. \$5 per class. Caretakers and homeschooled kids free. Call Jean Louise Balliet at 663-8073.

Meditation

Mastering Meditation with Kapila Castoldi at the Sri Chinmoy Centre • Sept. 8, 15, 22 at 7:30-9:30 p.m.; Oct. 10, 17, 24 at 7:30-9:30 p.m.; Nov. 2, 9, 16 at 7:30-9:30 p.m.; Dec. 13 & 14 at 1:00-4:00 p.m. • A three-week study program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation, and self-improvement. Cost is free. Call Sri Chinmoy Centre at 994-7114.

Meditation with Wasantha Young • Orientation on Sept. 12, 6:00-8:00 p.m.; meditation every Wednesday, 7:30-8:15 a.m. • Learn sitting, standing, walking, pondering, visualization, and guided meditation. \$20 for meditation practice; \$30 for six sessions; \$40 for 12 sessions. Call Peaceful Dragon School at 741-0695.

Introductory Meditation Lecture with Chetana Florida at the Lighthouse Center • Last Friday of each month, 7:00-10:00 p.m. • \$50. Call Prachi Patricia Thiel at 449-4381.

Intensive Meditation for Mantra Meditators at the Lighthouse Center • 1st and 3rd Friday of each month, 7:00-10:00 p.m. • Call Prachi Patricia Thiel at 449-4381.

Meditation Discussion Group for Mantra Meditators with Nirmala Nancy Hauke • Sundays, 7:30-8:30 p.m. • Call Nirmala at 663-2218.

Introduction to Insight (Vipassana) Meditation with the Deep Spring Center through Univ. of MI Uncommon Courses • Session I: 3 Thursdays beginning Oct. 9; Session II: Nov. 15, 9:00-3:30 • Insight meditation is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness that allows us to experience sensations, emotions, thoughts, and consciousness with greater clarity and balance. No special religious beliefs are necessary and we perform no religious ritual. Call Carmen Harrison at 764-7544, Deep Spring Center at 971-3455 or Carl at 487-8615.

Tell me to what you pay attention and I will tell you who you are.
—José Ortega y Gasset

Insight Meditation with Barbara Brodsky of Deep Spring Center • Alternate Tuesdays beginning Oct. 7 • See description above. This class is appropriate for continuing students at every level or for those who have completed or are taking an introductory course. \$100 for semester or \$15 per session as space permits. Call Deep Spring Center at 971-3455.

Insight Meditation: Advanced with Barbara Brodsky of Deep Spring Center • Alternate Mondays beginning Oct. 6, 7:30-10:00 p.m. • This class is appropriate only for those who have some firm experience in either vipassana or related practice such as zen meditation. Applications will be considered on an individual basis. Class size is limited to 18. This is a full year class and the instruction and discussion will build upon previous weeks. Regular attendance is important. Donation. Call Deep Spring Center at 971-3455.

One Day Meditation Retreat with Barbara Brodsky of Deep Spring Center • Sept. 27, 9:30-5:00 • See description for Introduction to Insight (Vipassana) Meditation. This day is a fundraiser for Michigan Friends Center. \$30 or by donation. Call Pam at 662-3435, Carol Blotter at 475-9312 or Hal at Deep Spring Center at 971-3455.

Residential Meditation Retreat with Barbara Brodsky of Deep Spring Center • Evening of Nov. 7 through the afternoon of Nov. 9 • The two foundations of the weekend are Insight Meditation and deepening awareness of innate perfection. The meditations derive from Buddhist Theravadin and Dzogchen traditions but no special religious beliefs are necessary to their practice. We will alternate sitting and walking meditation. Mindfulness will be the focus of our day in silence. There will be clear instructions for beginners, evening talks, and optional discussion periods with teachers. \$150 cover room and board. \$35 extra for Monday. Call Deep Spring Center at 971-3455.

Men's Work

Men's Issues Therapy Group with Cam Vozar • Mondays, Sept. 8-Dec. 15, 7:00-8:30 p.m. • An ongoing therapy group supporting men to change their relationships and lifestyles. \$35 per group session. Some insurances accepted. Call Cam Vozar at 747-9073.

Eighth Michigan Men's Spirit Camp with Gurudarshan Khalsa and Jeffrey Duvall • Sept. 19 at 7:00 p.m. through Sept. 21 at 3:00 p.m. • We will create a powerful and safe space to explore and celebrate our joy and pain. Through sacred drumming, dance, sweat lodge, and small support groups, share your stories and renew your deep masculine soul. \$180 includes meals. Call Gurudarshan Khalsa at 248-541-4834.

Movement & Dance

Contemplative Dance with Robin Graubarth • Group meets bi-weekly in the evening • We are a group that moves/dances together in the spirit and tradition of authentic movement. Contemplative dance is movement as spiritual practice, artistic resource, and psychological narrative. Nominal fee. Call Robin Graubarth at 665-2345.

Dances of Universal Peace with Siddiq and Majida Middlebrooks • First and third Friday of each month, 7:00-9:00 p.m. • The dances are a form of meditation with sound and movement. Circle dance forms are accompanied by songs and chants that draw sacred phrases from the world's spiritual traditions. All dances are taught; no partner or experience necessary. \$5 donation. Call Siddiq and Majida Middlebrooks at 996-1332 or Majid Simonds at 517-381-0126.

Contact Improvisation & Floorplay through Magic Dragon Studios with Jean Louise Balliet • Mondays at 7:00-8:30 p.m. • Imagine a sensuous meltdown of judo, mud wrestling, and breakdance. Explore a spontaneous language of wood floor, shared movement, and trust. You need to feel at ease in your body or have some kind of movement experience. \$10 per class. Call Jean Louise Balliet at 663-8073.

Live Jam & Dance to Transform through Magic Dragon Studios with Jean Louise Balliet • Mondays at 8:30-11:00 p.m. • Contact improvisation: art or sport? Dance or wrestling? Thrills or therapy? Come and find out. Familiarity with your own body highly desirable, as through dance, wrestling, tumbling, and martial arts. \$5 per class. Partners, kids, acoustic musicians, and homeschoolers free. Call Jean Louise Balliet at 663-8073.

Kids Creative Frolic through Magic Dragon Studios with Jean Louise Balliet • See description under Kids & Young Adults.

Moving From the Inside Out with Suzanne Willets Brooks • Sept. 13, 7:00-8:30 p.m. • A class designed to explore and listen to the body/mind. It combines basic elements from tai chi, yoga, and somatics. We will move from the center, allowing the uniqueness of the body to reveal itself. The experience is deeply calming. \$55-\$80 sliding scale. Call Suzanne Willets Brooks at 482-2607.

Life Dance I and II with Suzanne Willets Brooks • Beginning level: Mondays beginning Sept. 11. Continuing level: Thursdays beginning Sept. 14. Both at 6:30-8:00 p.m. • Life dance is fun and empowering. It is an integration of African-based movement with yoga and modern dance to awaken and celebrate both body and spirit. \$100. Call Suzanne Willets Brooks at 482-2607.

Movement Journey with Hava Jean Delgado • Every other Monday, 7:00-9:00 p.m. • Movement journeys provide healing through movement, creativity, and self reflection; empowerment though gathering together; self-rejuvenation through reacquaintance with our sacred bodies; and celebration of the masculine/feminine through sharing, sounding, drawing, and writing. \$15 per class. Call Hava Jean Delgado at 697-1579.

Music & Sound

Power of Pulse: Performance and Rhythm Circle with Glen Velez

Nov. 14, 7:30 p.m. • Performance by world-renowned percussionist Glen Velez on a multi-cultural array of frame drums and percussion, including the Egyptian riq, Celtic bodhran, and the tar. A rhythm circle will follow. Attendees invited to bring percussion instrument. Call Upland Hills at 248-693-1021 or Judy at 248-656-1071.

Songwriting: Path to Discovery, Self-Expression, & Healing with Laura Massaro

• 6-week sessions beginning in Oct. and Nov. • Participants learn how to use words, poetry, and music to communicate feelings, be self-expressive, and experience healing in a supportive environment. Small groups for musicians as well as non-musicians. \$120. Call Laura Massaro at 971-6627.

Hildegard's Garden: Chants for Meditation & Healing with Norma Gentile at the Dimensions in Light Festival • Sept. 14 • An experiential workshop focusing on healing properties of sound, specifically Gregorian chants composed by 12th c. abbess and mystic Hildegard of Bingen. This hour-long session includes a quiet meditation to several chants and an instructed exploration on using tones to ground and magnify physical relaxation. Call Norma Gentile at 332-4606.

Accessing the Universe: An Experiential Workshop in Sound and Trance Healing with Norma Gentile • Oct. 26, 4:00-6:00 p.m. • We'll focus on a system of energy points or portals that surround and interpenetrate the physical body. Opening or closing them, adjusting their size, shape or position effects our perception of reality, often allowing us access to other realities and to perceive greater possibilities in our daily life. This system of sounding involves gentle trance work and can be used with most other healing modalities. \$25. Call Norma Gentile at 332-4606.

Native American

Pipe Circle at Mulberry Farm • Oct. 17 and Nov. 21, 7:30 p.m. • All are welcome, pipe carrier or not. \$3 donation. Call Mulberry Farm at 783-3830.

Community Sweat Lodge Ceremony at Mulberry Farm • Oct. 25 and Nov. 29, 4:00 p.m. • All are welcome! \$20 donation plus dish to pass. Call Mulberry Farm at 783-3830.

Nutrition & Food

Nutrition & Wellness: Changes for Life with Diana Dyer at the People's Food Co-op • Sept. 23, 7:30-9:00 p.m. • Join registered dietician and cancer survivor Diana Dyer for a discussion of her personal and professional experiences with nutrition and wellness in the prevention and treatment of disease. Cost is free. Call Sharon at 769-0095.

Body Wisdom with Judith Banker • Oct. 7, Oct. 14, Oct. 21, Oct. 28, 7:00-9:00 p.m. • A four-week program to create a healthier, more comfortable relationship with food and your body. Body Wisdom combines a variety of mind-body disciplines, including meditation, guided imagery, art therapy, and self-psychology to help you learn to stop fighting your hunger, feel more normal around food, be who you really are, and feel good about your body. \$50 per session. Call Judith Banker at 668-8448.



Photography by Linda Lawson

**Teacher, dancer and choreographer
Hava Jean Delgado.**

The Crazy Wisdom Calendar

Eating Disorder Treatment Supervision Group with Judith Banker • Second Tuesday of each month, 8:45–9:45 a.m. • Supervision group focusing on the treatment of compulsive eating, anorexia nervosa, bulimia, and body image disorders. Attendance is on a drop-in basis. \$25 per session. Call Judith Banker at 668–8448.

Diet for the Soul with Judy Stone of Feeding Your Whole Self • Dec. 6, 9:30–4:40 • The desire to find both a place of balance in our relationship with food and comfort with our bodies cannot be satisfied by attending only to diet and exercise. We will explore what it means to develop relationships with food, body, and self that are nourishing and support us in transforming personally and physically. Bioenergetics offers a wonderful model and tools for understanding and changing our relationship with food, body structure, and the state of our inner emotional and spiritual life. \$105. Call Feeding Your Whole Self at 994–5549.

Transition to Vegetarian Diet with Ann Petrou • Fridays, Sept. 12–Oct. 31 (no class on Oct. 24), 7:30–9:00 p.m. • Discussion and study on transitioning to a vegetarian diet. Diet and Nutrition by R. Ballentine is the book for study. Last class is a vegetarian potluck! \$60 for 8 weeks, \$10 for materials. Call Ann Petrou at 995–5414.

Nutrition: Anatomy/Physiology/Basic Biochemistry with Dr. Suzie Zick of the Peaceful Dragon School • Sept. 19, Sept. 26, Oct. 3, 7:00–9:00 p.m. • These classes will cover the basics of which organs constitute the digestive tract and their relationship, the process of digestion, absorption, and assimilation of food, and a condensed version of various biochemical pathways. \$75 for semester or \$30 per session. Call Peaceful Dragon School at 741–0695.

Fads, Foods, and Facts with Betty Bishop • Offered on occasional Saturdays • Discussion with a group of ten, focusing on food as medicine. Informal questions and answers. \$15. Call Betty Bishop at 741–7637.

Personal Growth & Creativity

Artist's Way Groups with Sue Webster McDonald • Fall series begins in Sept. • This course is based on The Artist's Way by Julia Cameron. It consists of 12 weekly 2-hour meetings in a small, secure group atmosphere that encourages the discovery and recovery of creativity in life and in the professional arts. People considering career or life transitions may also find this material and the group useful. \$25 per session. Scholarships available. Call Sue Webster McDonald at 747–9191.

The real voyage of discovery consists not in seeking new landscapes but in having new eyes.

—Marcel Proust

Finding Your Life's Work with Rebecca Roberts • Eight-week groups start in Sept. and Jan. • Explore, design, and build your meaningful career path within the structure and support of a small group. \$160 includes Zen and the Art of Making a Living by Laurence Boldt. Call Rebecca Roberts at 669–9419.

Turning Memories into Memoirs: Life Story Workshops with Sebastian Matthews • Monthly Sept. through Dec. • Designed to help you get personal and family stories on paper and start organizing them. I encourage you to link important life events in a string with a strong "personal essay" voice. \$100 for three 4-hour workshops. Call Sebastian Matthews at 741–0454.

Creating a Breakthrough with Larry DiAngi • Nov. 16, 9:00 and 11:00 a.m. services and 1:30–3:30 p.m. workshop • Breakthrough strategies offers practical methods, principles, and universal truths for achieving a higher level of empowerment and achievement in your personal and professional life. Services are free. \$20 per workshop. Call Church of Today at 810–758–3050.

An Evening with Maya Angelou • Nov. 7, 8:00 p.m. • Share an evening with our national designated poet-laureate, Maya Angelou, author, educator, and lecturer. \$40. Call Church of Today at 810–758–3050.



Sara Schreiber and Richard Gull, husband and wife. Sara is a psychologist, and founded and directs Empatheatre. Richard is a Professor of Philosophy at UM-Flint, and leads men's groups. Together they lead couples workshops.

Healing of America with Marianne Williamson • Oct. 24, 7:30 p.m. • Join us for an evening of personal insights with Marianne Williamson that will awaken your thinking into new concepts for America. \$35. Call Church of Today at 810–758–3050.

Making Peace with Our Mothers with Lynn Sipher of Soundings • Tuesdays, Oct. 14–Dec. 9, 6:30–8:00 p.m. (No group on Oct. 21) • This group is geared to women over 30 whose mothers are still living and wish to explore issues that many adult daughters have in common: looking for mother's approval, having difficulty being honest, being unable to set limits, and hearing our mother's "voice" instead of our own. Using discussion and exercises, we will explore this complex and powerful relationship to come to a greater sense of peace. Sliding scale cost. Call Soundings: Center for Women at 973–7723.

Parent Your Child as You Reparent Your Child Within with Jacqueline Davis-Green of Soundings • Mondays, Oct. 13–Nov. 3, 6:00–8:00 p.m. • The way we were parented is a template for how we parent. This workshop offers others the opportunity to reparent their child within to become a better parent to the child they are raising. Learn to build self-esteem in yourself and your child, express feelings, improve communication, establish rules, provide encouragement, and improve discipline. Sliding scale cost. Call Soundings: Center for Women at 973–7723.

Proud to be Me: A Self-Esteem Workshop for Older Adults with Sandi Cooper of Soundings • Tuesdays, Oct. 7–Oct. 28, 2:00–3:30 p.m. • It's never too late to learn to like, accept, and respect yourself. Join this special group and develop a new and positive self image. Come away with increased capacity for hope. This workshop is open to both older women and men. Sliding scale cost. Call Soundings: Center for Women at 973–7723.

The Creative Arts: Self-Discovery & Healing with Laura Massaro • 8-week workshops begin Sept. and Oct. • Based on The Vein of Gold by Julia Cameron. This experiential workshop is open to all backgrounds for individuals who want to explore the creative arts (music, writing, art, drama) as a path to self-discovery and healing. \$160. Call Laura Massaro at 971–6627.

The Artist's Way Workshop: A Spiritual Path to Self-Discovery and Greater Creativity with Laura Massaro of Soundings • Oct 6–Nov. 24, 7:00–9:00 p.m. • Explore creativity in everyday life as well as in the arts, learn to listen to your inner voice, and overcome blocks/resistance to challenges and changes. Activities include discussion, journal writing, taking small steps. Small group. \$160. Call Soundings: Center for Women at 973–7723.

The Art of Journal Writing with Phyllis Perry • One hour sessions for 8 weeks • Discover your inner voice and authentic self. Express your creativity, gain insight and awareness. \$25 per session. Call Phyllis Perry at 973–0003.

Opening the Heart Space with Lorna Brown • Oct. 11, 9:00–5:00 • An experiential workshop helping you move from your head to your heart through a process of exercises and rituals designed to assist in the giving and receiving of love. See why others have said, "It feels like I died and went to heaven." Call Lorna Brown for cost at 428–8748.

Anger & Communication in our Relationships with Kristin Blackburn • Wednesdays, Sept. 10–Nov. 12, 7:00–8:30 p.m. • This ten-week workshop for women will help us identify strengths and problem areas with anger, incorporate constructive expressions of anger, learn healthy conflict resolution skills, improve communication skills that enhance self-esteem and relationships, and begin the process of forgiveness and letting go. \$25 per session. Call Kristin Blackburn at 994–1531.

Doodling Becomes Drawing with Anita McKay • Dec. 13, 2:00-4:00 p.m. • We will use intentional doodling to create little drawings that will reveal information about ourselves or others. It is a method we can use to access our intuition. Bring colored pencils and/or crayons and a fine point black marker. Paper will be provided. \$10. Call Practical Psychic Center of Ann Arbor at 996-5501.

Create Your Life with Betty Younger • Sept. 14, 9:00-5:00 • Create your life with passion and purpose. You can learn skills that build success, involvement, and increase your effectiveness in achieving your visions. Based on The Path of Least Resistance by Robert Fritz. \$65. Call Betty Younger at 665-8793.

Emerging Greater Self with Sandra Baum • Occasional 2-hour classes • You will learn to define your dream to balance your dreams and goals, and to magnetize and manifest your life. Participation required in class. \$28 per class with group rates available. Call Sandra Baum at 810-227-3660.

Through the Eyes of the Heart: Learning the Vision of Love and the Language of Intimacy with Brenda Morgan • Sept. 27, 9:00-4:00 • This will be the first in a three-part series on intimate communication. Participants will learn ways to free themselves from unhealthy, repetitive patterns and clear the path for giving and receiving love. For all ages (15 years and up) and relationships. \$85. Call Susan Fancy at 665-0536.

Through the Eyes of the Heart: Learning the Vision of Love and the Language of Intimacy with Brenda Morgan • Nov. 8, 9:00-4:00 • The second in a three-part series on intimate communication. See description above. \$85. Call Susan Fancy at 665-0536.

Family of Origin and Inner Child Talk with Charles Farhat at Ageless Wisdom • Sept. 5, 7:00-9:00 p.m. • See how your childhood experiences affect your life today. Explore the family patterns that influence the way you see the world. Expand your insight regarding personal relationship with others as well as a better relationship with yourself. Cost is free. Call Ageless Wisdom at 207-5310.

Contact Your Angels with Tammy Tomcsik at Ageless Wisdom • Oct. 25, 6:00-9:00 p.m. • God's Angels are always watching over us. Ever wonder what it would be like to talk to one and have your questions answered? We will explore several channels of communication and learn to understand the interlinking network of the soul. Students will learn why many meditation tapes on Angel Contact do not work. What is needed to bridge the gap between people and the Angelic Kingdoms, Guardian Angels, Spirit Guides, Helpers, and their Color Codes will be explained. Students will have practice time in class. \$25. Call Ageless Wisdom at 207-5310.

Conscious Mind Projection with Tammy Tomcsik at Ageless Wisdom • Oct. 18, 6:00-9:00 p.m. • Class will focus on training the mind to project to other locations. The techniques taught in class are used for finding missing children, lost objects, and are widely used in the healing arts. Individuals will learn to tune in to other people and locations. Bring in a small photo of someone you know very well. This is a hands-on, practical class. \$25. Call Ageless Wisdom at 207-5310.

Energy Fields, Healing Touch, & Human Auras with Tammy Tomcsik at Ageless Wisdom • Sept. 13, 6:00-9:00 p.m. or Nov. 13, 7:00-10:00 p.m. • Join us as we learn to understand the Universal Life Force Energy (chi, prana, ki) and how it relates to chakra patterns and the human aura. Learn to develop the healing touch and see auras. If possible, wear a natural fiber shirt to class. Practice is included in class time. \$25. Call Ageless Wisdom at 207-5310.

Mental Telepathy with Humans and Animals with Tammy Tomcsik at Ageless Wisdom • Sept. 20, 6:00-9:00 p.m. or Nov. 20, 7:00-10:00 p.m. • Have you ever tried to contact a friend but couldn't reach them? Learn the process of how to use your mind to mentally heal, contact, and communicate with people and animals. Topics include chakra systems and etheric energy patterns and how they relate to the physical body. Learn how to understand thought form interplay and how to save lives. \$25. Call Ageless Wisdom at 207-5310.

Psychic Development

Second Sight with Judith Orloff • Nov. 19, 1:00 and 7:30 p.m. • Based on her book of the same name, Orloff tells of her extraordinary story and how a need is there to bring more understanding of our own psychic abilities into our daily lives. \$10 donation. Call Church of Today at 810-758-3050.

Past Lives Workshop with Shiva Devi, Zulema Suarez, and Aruva Olga Bachmann at the Lighthouse Center • Oct. 11, 10:00-4:00 • Call the Lighthouse Center for information at 662-3467.

Practical Psychic I: Awareness with Practical Psychic Center of Ann Arbor • Sept. 20-21, 10:00-4:00 p.m. with Ray O. Golden • Wednesdays, Sept. 17-Oct. 15, 7:30-9:30 p.m. with Ray O. Golden • Nov. 22-23, 10:00-4:00 with Charlie Fiegle & Anita McKay • Learn simple and powerful techniques to begin to see, ground, and heal your psychic and emotional space, aura, and chakras. \$149 or \$129 if paid 2 weeks in advance. Call Practical Psychic Center of Ann Arbor at 996-5501.

Psychodrama

Empatheatre Workshops with Sara Schreiber • Sept. 20, Oct. 18, Nov. 15, Dec. 13, 9:30-3:30 • Exploration of improvisation, drama therapy, and psychodrama and their application in our daily lives. Meet to explore techniques used in Empatheatre performances and how to implement them in our lives. \$95. Call Sara Schreiber at 913-9733.

Empatheatre Performances with Sara Schreiber • Oct. 3, Nov. 14, Dec. 12 • See description above. \$12 for first 5 rows, \$8 general admission, \$6 seniors/students. Call Sara Schreiber at 913-9733.

Reiki

Reiki I: First Degree Reiki (Usui Initiate) with John and Paula Steele • Sept. 6, 12:00-6:00 p.m. • Traditional Usui First Degree plus one treatment symbol are taught at this level. The attunements open the student to receive and channel the Reiki energy. \$75. Call John and Paula Steele at 677-8211.

Chains do not hold a marriage together. It is threads, hundreds of tiny threads which sew people together through the years. That is what makes a marriage last — more than passion or even sex.

—Simone Signoret

Practical Psychic II: Deepening Awareness & Skills with Ray O. Golden of Practical Psychic Center of Ann Arbor • Nov. 15-16, 10:00-4:00 • Learn to recognize and heal layers of the aura. Connect with one of your healing guides to do healings. \$160. Call Practical Psychic Center of Ann Arbor at 996-5501.

Coloring Outside the Lines: Advanced Exploratory Class with John Friedlander of Practical Psychic Center of Ann Arbor • Nov. 1-2, 10:00-4:00 • Seth is exploring the ways in which we create space and time, developing a steadily emerging but incomplete picture of the fundamental magic of creation. This material is for adventurous people who understand that this material has not been synthesized by John or anyone else as far as we know. This is not a beginning class. Participants need to be able to communicate with their guides and perceive some details in at least one of their chakras. \$160. Call Practical Psychic Center of Ann Arbor at 996-5501.

Reiki II: Second Degree Reiki (Usui Practitioner Level) with John and Paula Steele • Oct. 4 or Dec. 6, 12:00-6:00 p.m. • Students are taught traditional Usui treatment symbols and two additional symbols. This attunement increases the Reiki flow and intensity. Allows for more specific types of healing: emotional/mental, distance healing, centering, and balance. \$125. Call John and Paula Steele at 677-8211.

Reiki III: Third Degree Reiki (Karuna Initiate) with John and Paula Steele • Nov. 1, 12:00-6:00 p.m. • Attunement and four treatment symbols allow student to enhance practice with deeper, more compassionate healing. \$200. Call John and Paula Steele at 677-8211.

The Crazy Wisdom Calendar

Reiki Introduction & Healing Night with Ray O. Golden of the Center for Intuitive Health • Sept. 4, Oct. 2, Nov. 6, Dec. 4, 7:00–9:00 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Cost is free. Call Ray O. Golden at 663–6075.

Free Introduction to Reiki with Mary Beth Rossiter • Sept. 6, 2:00–3:30 p.m.; Sept. 15, 6:00–7:30 p.m.; Oct. 18, 2:00–3:30 p.m.; Oct. 22, 6:00–7:30 p.m.; Nov. 22, 2:00–3:30 p.m.; Nov. 26, 6:00–7:30 p.m. • Reiki is a universal healing energy that heals the body by clearing negative energetic patterns. It is a simple technique that anyone can learn and use. Cost is free. Call Mary Beth Rossiter at 994–3387.

First & Second Degree Reiki Class with Mary Beth Rossiter • Sept. 27, Oct. 25 or Nov. 29, 11:30–4:30 • First and second degree Reiki empowerments will be given. The emphasis will be on self-healing, including boundary Reiki and energizing water with Reiki symbols for baths and detoxification. \$180 prepaid or \$210 if not. Call Mary Beth Rossiter at 994–3387.

Reiki: Reaching Out with Mary Beth Rossiter • Sept. 20, 11:00–4:30 • This class follows Reiki I and II. It includes a long distance Reiki empowerment and spinal therapy Reiki. The emphasis will be on giving Reiki treatments to others. \$180 prepaid or \$210 if not. Call Mary Beth Rossiter at 994–3387.

Spiritual Development

Crazy Wisdom Lecture Series: G. I. Gurdjieff and P. D. Ouspensky Lecture presented by A Fourth Way School • Oct. 17, refreshments at 7:30, lecture at 8:00 p.m. • A discussion of how A Fourth Way School in the tradition of Gurdjieff and Ouspensky uses self-study and other practical methods for increasing self-awareness and consciousness. With the help of the school that is connected to the higher mind, it is possible to contact our higher functions and fulfill our potential as human beings. \$3 donation. Call Carol Karr at 665–2757.

Ann Arbor Independent Spiritual Network Quarterly Meeting • Oct. 27 • The Ann Arbor Independent Spiritual Network (ISN) connects people who are finding their own individual spiritual path. This is a group for people who want to examine and use spiritual concepts and techniques from more than one tradition. The ISN makes no attempt to create a consensus spirituality, but rather encourages individuals in the independent search. Meetings are held in January, April, July, and October and are an opportunity for individuals who are focusing on spirituality to socialize and find support. Cost is free and open to all. Call Jonathan Ellis at 668–6672.

STILLNESS

Stillness will meet you for tea or a walk by the ocean. You must be gentle when you approach her. She is more sensitive than we can even imagine and she does not explain herself much. Sometimes I bring her flowers — not because she needs them (she tends several gardens) — but because I am better able to meet her when I am carrying flowers. Her favorite time is dawn.

—J. Ruth Gendler in *The Book of Qualities*

Shamanism

Crazy Wisdom Lecture Series: A Shaman's Journey through Peru & Beyond with Phil Rogers • Oct. 3, refreshments at 7:30, lecture at 8:00 p.m. • Phil Rogers will give you a synopsis of shamanistic teachings from Peru along with a slide show of his journeys. He will also read from his published books of poetry. \$3 donation. Call Carol Karr at 665–2757.

Shamanic Journeys with John Morris • Beginner's group on second and fourth Wednesdays of each month, advanced group on first and third Wednesdays of each month, 7:30 p.m. • Now in their sixth year, these weekly trance journeys provide a gentle introduction to shamanism, including healing, divination, shape-shifting, and meetings with power animals and spirit guides. The sessions follow *Where the Spirits Ride the Wind* by Felicitas Goodman, emphasizing the role of postures in the shaman's quest. Cost is free. Newcomers welcome. Call John Morris at 665–3522.

Spiritual & Psychic Healing

Healing Night at the Lighthouse Center • Third Wednesday of each month, 7:00–9:30 p.m. • Open to all. Call Prachi at 449–4381.

Healing Circle with Judi O'Neal • September meeting • A small group gathering one evening a month for healing on personal, community, and planetary levels. Cost is free. Call Judi O'Neal at 697–5178 or Pat at 973–7026.

Unveiling the Secrets of the Soul with Jacobie Roberts and Leslee Mikaela at Ageless Wisdom • 3-day workshop: Nov. 21, 7:00–10:00 p.m.; Nov. 22, 11:00–7:00; and Nov. 23, 11:00–7:00 • Our multidimensional selves and/or soul fragments affect our physical bodies and health. In spite of being one body, your various aspects have personal agendas. When an aspect of your soul, buried deeply with the subconscious, carries unresolved pain, left unrecognized, it can and frequently does affect your health. To explain the interlinking network between our aspects and our physical health, it is necessary to take a journey through the various levels that make up the entirety that is you. You will be given the keys to the doors that conceal the deep roots of troubling patterns or issues. \$150. Call Ageless Wisdom at 207–5310.

Spirituality for Beginners with Jonathan Ellis • Sept. 19, 7:00–9:00 p.m. • No matter our age, many of us feel like "beginners" when we think about spirituality. This class is for people who want to give more attention to finding their own spiritual path. Some of the issues covered will be What can "spirituality" mean for me; how important is a regular spiritual practice and how can I actually do it; what do I do with conceptions of "God" I grew up with; do I need a teacher; will I be a dilettante if I don't stick with only one approach; how do I find community if I am pursuing my path independently; and others. This class does not presuppose any particular spiritual experience or set of beliefs. Donation only and open to all. Call Jonathan Ellis at 668–6672.

Simplify with Jonathan Ellis • Oct. 3, 7:00–9:00 p.m. • In *The Tibetan Book of Living and Dying*, Sogyal Rinpoche writes, "The key to finding a happy balance in modern lives is simplicity. . . in an excessively complicated age, to simplify our lives." We will look closely at our own lives and see what it might mean for us to live more simply. You will go through various areas of your life and decide where you want to simplify. Rinpoche adds, "Peace of mind will come from this. You will have more time to pursue the things of the spirit, and the knowledge that only spiritual truth can bring." Donation only and open to all. Call Jonathan Ellis at 668–6672.

An Evening with Deepak Chopra sponsored by the Univ. of MI • Oct. 13, 6:30–9:30 p.m. • Prolific author Deepak Chopra will be here to speak about spiritual and physical health and healing. \$25–\$35 per person. For ticket information, call Michigan Union Ticket Office at 763–8587 or TicketMaster at 810–645–6666.

Flower of Life Workshop with Lorna Brown • Nov. 15–16, 9:00–5:00 each day • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Call Lorna Brown for cost at 428–8748.

What is Sacred Geometry & Ascension with Lorna Brown at Practical Psychic Center of Ann Arbor • Nov. 10, 7:00–9:30 p.m. • Introduction to Sacred Geometry as it relates to the human energy field, Merkabas, Earth history, and ascension. \$25. Call Practical Psychic Center of Ann Arbor at 996–5501.

The Journey Inward sponsored by the Great Lakes Pathwork, Inc. • Second Friday of every month, 7:00 p.m. • Informal gathering to read and discuss Pathwork lectures containing a unique mix of psychological and spiritual concepts. Cost is free. Call Lisa Wolf at 930–0864.

Designing a Life for Success with Fr. Leo Booth • Sept. 3, 10, 17, and 24, 1:00 and 7:30 a.m. • Covering in his own unique way in humor, wisdom, and spirituality, the ingredients for success and how attitude, relationships, and prayer work together. \$10 donation. Call Church of Today at 810-758-3050.

Conversations with God Seminar with Neale Donald Walsch • Sept. 20, 9:00-5:00 • Neale Donald Walsch writes, "God is challenging us to create the Paradise on Earth we all seek." This seminar presents an experiential event surrounding the principles in the author's two incredible books. Book signing after seminar. \$35. Call Church of Today at 810-758-3050.

Everyday Soul with Bradford Keeney • Nov. 12, 1:00 and 7:30 p.m. • Based on his newest book of the same title, he will share an awakening of Spirit in our everyday lives as well as his experiences, spiritual self-help exercises, and the examination of other avenues as aids to soulfulness. \$10 donation. Call Church of Today at 810-758-3050.

Callings with Gregg Leroy • Nov. 26, 1:00 and 7:30 p.m. • Based on his newest book of the same title, this presentation will explore the challenge and power of saying "Yes" to our soul's callings. \$10 donation. Call Church of Today at 810-758-3050.

Psychotherapists & Spiritual Directors: Commonalities, Difference, Divergence? with Therese Craig of Weber Center • Oct. 16, 8:45-3:30 • Designed to assist professionals from both fields by clarifying the realm of each discipline, the distinctions between them, and indicators for referral. \$65. Call Weber Center at 517-263-7088.

Weber Experience: A Mini-Sabbatical Program with Weber Center Staff • Oct. 22-Nov. 19 • An invitation to a time apart, a sacred time to listen to the turning of the seasons within. This experience includes opportunities for silence and reflection, inner work and journaling, body movement and creative expression, workshop offerings, spiritual direction, counseling, common prayer, and ritual. \$1,300. Call Weber Center at 517-263-7088.

Opening the Stories of Our Lives: The Spirit Connection with Therese Craig and Trudy McSorley at Weber Center • Oct. 24, 7:00 p.m. to Oct. 25, 1:00 p.m. • A time for awakening the stories in each participant by exploring the avenues of language, movement, ritual, and play. In nonthreatening ways, participants will be encouraged to make connections between their own spirituality and the stories of their lived experience. \$75. Call Weber Center at 517-263-7088.

Introduction to the Pathwork Teachings: A Lecture Study Series sponsored by Great Lakes Pathwork Inc. • Weekly and monthly classes offered • This is a series of ten classes introducing some of the basic concepts expressed in the lectures. Lecture study includes the discussion and exploration of these ideas to help create and deepen personal understanding. \$275 includes deposit of \$50. Fee includes all lectures and a subscription to Great Lakes Pathwork Newsletter. Call Lisa Wolf at 930-0864.

Introducing the Prayer of Silence with Mary Ann Carolin • Sept. 20, 9:00-3:30 • We may think of prayer as thoughts or feelings expressed in words, but this is only one way to pray. In the Prayer of Silence, we open our heart and mind, our whole being, to God - the Ultimate Mystery beyond thoughts, words, and emotions. \$30 includes lunch. Call Visitation Spirituality Center at 242-5520.

One Woman's Journey to Inner Enlightenment with Brenda Morgan • Sept. 26, 7:15-9:00 p.m. • The first in an insight meditation series entitled, "A Gathering in Spirit." Brenda will share her spiritual transformation in which, through the grace of God and the help of her spiritual teacher, the Truth Within/No Mind Within has been realized. As a westerner, she is sharing this spiritual blessing in a simple, straightforward manner. \$25. Call Susan Fancy at 665-0536.

Feeling the Sacredness of Your Life with Brenda Morgan • Nov. 7, 7:00-9:00 p.m. • The sense of awe, wonder, and mystery of our unique existence and purpose needs to be catalyzed and awakened into our conscious awareness. It is a link to our spiritual heritage and bonds us to our higher purpose and expression on earth. Through the spoken word and silent meditation, Brenda will share the wisdom and insights about the sacredness of each life and how one may open it. \$35. Call Susan Fancy at 665-0536.

Stress Reduction & Relaxation

Mindfulness-Based Stress Reduction Program with Glenn Burdick • Tuesdays beginning Oct. 7, 7:00-9:30 p.m. for 8 weeks • Based upon the work of Jon Kabat-Zinn, we will learn to cope with stress, pain, and illness with greater ease, skill, and effectiveness. \$45 per session. Call Glenn Burdick at 973-7377 or ask operator for information packet.

Relaxation, Meditation, and Self-Discovery Workshop with Lorna Brown • Sept. 27, 9:00-5:00 • Learn techniques for relaxation and stress reduction, along with exercises for creating change and various forms of meditation for self-discovery and integration. Call Lorna Brown for cost at 428-8748.



Photography by Linda Lawson

John Morris is an integral part of Ann Arbor's Wiccan community. He's also been leading shamanic journeys for 7 years.

Stress Management: Embracing the Peace Within You with Melanie Peelman-Fuscald • Part I: Sept. 16, Oct. 7 or Nov. 18; Part II: Sept. 18, Oct. 9 or Nov. 20 at Noon • Tune in to messages from your body, mind, and spirit. Learn effective strategies to enhance your well-being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your peace. \$20 per session. Call Melanie Peelman-Fuscald at 668-2733.

A Course in Concentration & Relaxation with Ema Stefanova • Mondays, Sept. 22-Oct. 26, 8:00-9:30 p.m. • Yoga training in concentration and relaxation in a pleasant, easy-to-do-it way. Time tested methods of using light, sound, and other traditional yoga techniques. \$99. Call Ema Stefanova at 665-7801.

Tai Chi, Martial Arts, & Self-Defense

Women's Self-Defense with Deb Fedon through Univ. of MI Uncommon Courses • 6 Wednesdays beginning Oct. 6 • \$40. For information, call Carmen Harrison at 764-7544.

Tae Kwon Do with Tom Hart through Univ. of MI Uncommon Courses • 6 Tuesdays beginning Oct. 7 • \$40. For information, call Carmen Harrison at 764-7544.

T'ai Chi Ch'uan for Young Adults with Wasentha Young of the Peaceful Dragon School • See description under Kids & Young Adults.

Chinese Healing Kungfu through Magic Dragon Studios with Victor Chao • Thursdays beginning Sept. 18 and Nov. 6, Kids: 7:00-8:00 p.m.; Adults: 8:15-9:30 p.m. • The Bagua and Xingyi of Healing Kungfu share much with Tai Chi in the Chinese tradition, yet in contrast with the soft floating of most Tai Chi, Xingyi uses a linear jolting strength and Bagua uses inner power in winding, wrapping curves of whole body movement. Regular practice joins body, breath, and mind. All levels. Childcare available. \$60 for 6 weeks. Call Victor Chao at 663-8073.

Tuina Bodywork and Qigong through Magic Dragon Studios with Victor Chao • Tuesdays beginning Sept. 16 and Nov. 4, Kids: 7:00-8:00 p.m.; Adults: 8:15-9:30 p.m. • Chinese Tuina relieves pain and stress and helps heal old and new injuries. Qigong works to center and ground awareness, to calm and energize, energy blocks may release, posture can improve dramatically. All levels. Childcare available. \$60 for 6 weeks. Call Victor Chao at 663-8073.

Changquan (Long Fist), Bajiquan (Eight Infinite Style), and Hsing-Yi Sword with Richard Miller of Great Lakes Wushu • Monday and Thursday evenings, Saturday mornings, beginning Sept. 8 • Instruction provided in traditional Northern Chinese Kung Fu. \$55 per month, \$45 for students. Call 994-5980.

Beginning Class in Chen Style Tai Chi Chuan with Richard Miller of Great Lakes Wushu • Four-month session meeting Monday and Thursday evenings and Saturday mornings beginning Sept. 8 • Class includes basic stance training, development of chan si jin (silk reeling energy), 36 movement form. Ongoing classes in Tai Chi also offered. \$55 per month, \$45 for students. Call 994-5980.

The Crazy Wisdom Calendar

Fundamentals of T'ai Chi Ch'uan and Chi Kung with Wasentha Young of Peaceful Dragon School • Classes begin Tuesday, Sept. 9, 12:00 or Wednesday, Sept. 10, 12:00 • This class is for those who have schedules that do not allow them to commit to regular classes, people who would like to experience a little of both TCC and CK and people who are not used to learning movement. \$30 for 6 sessions, \$40 for 12 sessions. Call Peaceful Dragon School at 741-0695.

T'ai Chi Ch'uan with Wasentha Young of Peaceful Dragon School • Classes begin Monday, Sept. 8, 9:00-10:15 a.m. or 6:00-7:15 p.m. • T'ai Chi Ch'uan is a Chinese form of Martial Arts, widely known for its integration and cultivation of internal energy with the body and mind, strengthening of one's balance, concentration, and general well-being, as well as being a martial art. \$165 for semester, \$325 for Sept. through June. Call Peaceful Dragon School at 741-0695.

Wild Goose Chi Kung with Wasentha Young of Peaceful Dragon School • Classes start Tuesdays, Sept. 9, 6:30-7:30 or Wednesdays, Sept. 10, 9:30-10:30 a.m. • Wild Goose Chi Kung is a graceful form (64 movements) that gently stretches and opens the body as it simultaneously effects the body's principal channels and meridians. \$135 for semester or \$325 for Sept. through June. Call Peaceful Dragon School at 741-0695.

Chi Kung with Wasentha Young of Peaceful Dragon School • Classes start Tuesdays, Sept. 9, 5:30-6:30 p.m. or Wednesdays, Sept. 10, 8:30-9:30 a.m. • Chi Kung is a type of Chinese Yoga. It is a system of exercises in meditation, internal energy, stretches, breathing techniques, imagery, self-massage, and movement that helps maintain the health of our bodies. \$135 for semester or \$325 for Sept. through June. Call Peaceful Dragon School at 741-0695.

Advanced Push Hands Training with Kyle Plagen of Peaceful Dragon School • Sept. 20 and Oct. 4, 1:00-2:30 p.m. and 3:00-4:30 p.m. • These classes will increase the levels of understanding Push Hands for Advanced T'ai Chi Ch'uan practitioners. All styles of soft style Martial Artists are welcome. It will be a playful and growthful experience. \$75 for entire seminar or \$45 per session. Call Peaceful Dragon School at 741-0695.

Beginning Aikido with Jesse Nichols of Movement Learning Systems • First Tuesday of every month, 7:30 p.m. • An ongoing four-week introductory class. \$35 for four weeks, with the first class of every cycle free. Call Jesse Nichols at 913-1072.

Ongoing Aikido with Jesse Nichols of Movement Learning Systems • Tuesdays, Thursdays, Fridays, 6:30 p.m. • Aikibuki (weapons system used in Aikido) on Thursdays, 12:15 p.m. • \$40 monthly. Call Jesse Nichols at 913-1072.

Beginning Tai Chi with Aiji Pihlo through Univ. of MI Uncommon Courses • 6 Tuesdays beginning Oct. 7 • \$45. For information, call Carmen Harrison at 764-7544.

Continuing Tai Chi with Aiji Pihlo through Univ. of MI Uncommon Courses • 6 Tuesdays beginning Oct. 7 • \$45. For information, call Carmen Harrison at 764-7544.

The greatest discovery of my generation is that humans can alter their lives by altering their attitudes of mind.

—William James

Tarot & Divination

Tarot & Psychic Development I with Willow • Wednesdays, Sept. 17-Oct. 22 or Tuesdays, Nov. 4-Dec. 9, 7:00-10:00 p.m. • Explore your psychic gifts with Tarot and other oracles. We will cover grounding and centering, setting boundaries, and opening your ability to find a personal set of meanings for your cards. This is a fun class with concrete results, the first in a six-month series leading to professional level experience. \$125-\$185 sliding scale. Call Willow at 663-5505 or E-mail at Snakewillo@aol.com.

Therapy & Support Groups

Counseling Group for Women with Chronic Illness or Chronic Pain with Erica Dutton • Mondays, 5:30-7:00 p.m. • This treatment group is open to adult women with any kind of chronic illness or chronic pain. The group explores the impact of chronic illness, disability, and pain on our lives. Typical issues include dealing with feelings such as guilt, anger, anxiety, and depression, self-esteem, employment issues, relationships, etc. \$30 per session. Call Erica Dutton at 677-3056.

Although the world is very full of suffering, it is also full of the overcoming of it.

—Helen Keller

Women's Circle of Sound for Recovery from Childhood Abuse and Trauma with Kathleen Moore • Biweekly Tuesdays, 7:45-9:45 p.m. • For women who grew up in dysfunctional circumstances where sexual, alcoholic, verbal, and/or other abuses or neglect were experienced. Voice, music, movement, and imagery will be used to explore, experience, express, and move towards greater health. All and no music backgrounds welcome. Series is organized to facilitate therapeutic goals of those in the circle. \$25-\$30 per circle depending on size of group. Call Kathleen Moore at 668-8146.

Women's Circle of Sound: Exploring the Connections Between Abusing Food and Not Using One's Voice with Kathleen Moore • Biweekly Tuesdays, 7:45-9:45 p.m. • If I express myself, do I want to eat more or less healthfully? If I swallow my thoughts, my emotions, does that feed my hunger or do I feel a greater need to swallow food, unconsciously? This small group will use voice, music, movements, and imagery to explore, express, experience, and move towards greater understanding and self-acceptance. All/no music backgrounds welcome. \$25-\$30 per circle depending on size of group. Call Kathleen Moore at 668-8146.

Women Survivors of Sexual Abuse with Lisa Wolf • Wednesdays, 5:30-7:30 p.m. • This treatment group explores trauma of sexual abuse and impact of this trauma on the lives of group members. While the specific focus of this group is healing from sexual abuse, members often deal with a variety of issues: relationship concerns, work problems, death, divorce, current and old pain, present and past anger, self confidence issues, with the intent to reclaim their lives and to experience life beyond abuse or identification with abuse. Discussion, disclosure, and processing of memories and/or sensations related to abuse, emotional release work, and experiential exercises are some of the treatment interventions used to guide clients on their journeys. \$35 per session. Call Lisa Wolf at 930-0864.

Healing from Childhood Shame: A Women's Retreat with Carol Sullivan and Carol Plummer through the Weber Center • Sept. 12 at 7:00 p.m. to Sept. 14 at 3:00 p.m. • For children who were not raised with a positive sense of self from primary caregivers, a distorted sense of self and self-defeating behaviors can result. However, with an increased understanding of shame, and skills in shame-reduction and self-reflection, women can begin a path of healing. Participants will be given an opportunity to feel empowerment through gaining skills necessary to overcome past hurtful experiences, including emotional, physical, and sexual abuse. The retreat is appropriate for women presently in therapy or those who have completed therapy wishing to increase a repertoire of self-care skills. \$280 includes lodging for two nights, five meals, all refreshments breaks, and workshop materials. Call 994-1253.

Living with Depression: A Support Group for Women with Sandi Cooper through Soundings • Wednesdays, Oct. 15-Nov. 19, 7:00-9:00 p.m. • Depression can make you feel helpless, hopeless, and alone. Through positive reframing and peer support, you'll learn about the symptoms, causes, and treatments that may be appropriate for you. You will rediscover your own ability to heal and believe in yourself again. Sliding scale cost. Call Soundings: Center for Women at 973-7723.

Support Group for Lesbian & Bisexual Women with Monya Schmidt and Sandy Miller through Soundings • Wednesdays, 7:30-9:30 p.m. • Come together in a safe setting to explore sexuality, relationship, and community issues. Topics will include families of origin, dating, chosen families, and parenting as well as issues of race, class, and disability. Each woman's concerns will be respected and addressed. Sliding scale cost. Call Soundings: Center for Women at 973-7723.

First Friday: A Women Therapists Group with Sandi Cooper through Soundings • Sept. 3, Oct. 3, Nov. 7, Dec. 5, 2:30–4:30 p.m. • Working in the field of mental health can be both invigorating and exhausting. Come together with other therapists in a supportive atmosphere for networking, case conferencing, and an occasional expert presentation. Cost is free. Call Soundings: Center for Women at 973–7723.

Sexual Abuse Survivor's Group with Carol Plummer • Ten weekly sessions begin Sept. 1, 5:30 p.m. • Many survivors find that their growth and healing is enhanced by group therapy led by a trained therapist. In addition to work done in individual counseling, many survivors learn that others who have experienced similar problems may also help by sharing solutions and normalizing feelings of anger and pain. This group combines personal sharing, problem solving, emotional release, and didactic information to help guide you to a reclaimed life. \$25 per session. Call Carol Plummer at 994–1253.

Wicca

Basic Witchcraft with John Morris • Second and fourth Saturday of each month, 6:00 p.m. • Informal discussions and demonstrations of the Old Religion of Europe. Newcomers are especially welcome, as well as those experienced in the Craft of the Wise. Our approach is inclusive and is not confined to a single tradition or organization. Starhawk's book, *The Spiral Dance*, is recommended reading. Cost is free. Call John Morris at 665–3522.

Finding Your Magickal Path I with Willow • Tuesdays, Sept. 16–Oct. 21 or Mondays, Nov. 3–Dec. 8, 7:00–11:00 p.m. • An introduction to psychic exploration as well as projecting energy outward. The first in a series of Living a Magickal Life classes, including creating sacred space, shamanism, healing, raising energy, and vitalizing and repairing the aura. We confirm what we already know with the wisdom of the ancients. \$150–\$210 sliding scale. Call Willow at 663–5505 or E-mail at Snakewillo@aol.com.

Womenspirit

Spiritual Development for Women with Ann Schoonmaker • Thursdays, 10:00–Noon • Ongoing women's study group focused on the practical application of various books in the field. September theme: Mindfulness and Meditation based on Jon Kabat-Zinn's work, such as *Wherever You Go, There You Are*. \$1 donation. Call 761–9044.

Spirituality: Once, Now, and Future with Nadine Foley of Weber Center • Sept. 24, Oct. 15, Nov. 12, 7:00–8:30 p.m. • This series of three presentations focuses on the relationship of spirituality to world views. Once: a long-standing view of a partitioned world that inspired a separatist spirituality; Now: the emerging spirituality of women reflecting an integrative world view; Future: the currents of an expanding world view and what it may hold for self understanding in relation to the God of the cosmos. \$10 per session. Call Weber Center at 517–263–7088.

There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and be lost, the world will not have it.

- Martha Graham

Serenity Retreat for Women in AA: Our Spiritual Journey with Bridget Kenny of Weber Center • Friday, Oct. 17 at 7:00 p.m. to Sunday, Oct. 19 at 1:00 p.m. • Join with women in recovery as we share our spiritual journeys through the eleventh step. \$95. Call Weber Center at 517–263–7088.

Women's Empowerment through Spiritual Growth with Dale Crayne of Soundings • Wednesdays, Oct. 8–Nov. 12, 6:00–8:00 p.m. • Empower yourself by applying spiritual principles to life's daily challenges. Join us for group discussion, meditation, and self-awareness exercises in an open, supportive setting. Sliding scale cost. Call Soundings: Center for Women at 973–7723.

Work & Right Livelihood

Building a Business the Zen Way with Parang Geri Larkin • Five Tuesdays beginning Oct. 14, 6:30–9:30 p.m. • This popular series of seminars, a training program for people who want to start and build right livelihood businesses, is sponsored by the Zen Buddhist Temple. Sliding scale cost. Call the Temple at 761–6520.

Oct. 14: What is My Path? • For people who are not happy in their work and want to find a livelihood that is more meaningful and better matches their personal values. A first step for determining what type of business to start or how to shift an existing business.

Oct. 21: Are You an Entrepreneur? • How much time and energy do you need to start a business? What prework needs to be done? How do you find the right accountant, banker, and attorney?

Oct. 28: The Business Plan • Don't start without one. A good plan is a road map for your business to keep you focused and tell you where you need help.

Nov. 4: Developing a Market Strategy • If nobody buys or wants what you are selling, then your business fails. This seminar teaches you how to think about marketing and what you need to know to determine who your customers are, who the competition is, and how to position a product or service.

Nov. 11: Understanding the Numbers • Understanding the financial side of a business is critical to success. This session teaches you the financial information you need to track, how often you need to look at it, and how to organize it. Working with investors and bankers will be covered as well.

Yoga

Yoga Class at the Zen Buddhist Temple • Six Tuesdays beginning Sept. 9 and Oct. 28, 7:30–9:00 p.m. • Traditional yoga postures with an emphasis on concentration, relaxation, and the breath. \$50. Call the Temple at 761–6520.

Hatha Yoga for Rheumatic Complaints with Ann Petrou • Sept. 17, 5:15–6:45 p.m., Oct. 6, 6:30–7:45 p.m., Nov. 17, 6:30–7:45 p.m. • Hatha Yoga will have an emphasis on beginning postures and relaxation. Increased self-awareness of joint stiffness and rheumatic complaints addressed with intro to pranayama. Have fun and wear comfortable clothes. \$50 for six weeks. Call Ann Petrou at 995–5414.

Meditation in the Kriya Yoga Tradition • Second and fourth Thursday of each month, 7:30–8:15 p.m. • We teach preliminary meditation techniques in the Kriya Yoga tradition, such as mantra meditation, inner sound and light technique, and shushumna breathing. We meet for silent meditation sessions of 45 minutes. All welcome. Cost is free. Call Rudy or Natalie Aguirre at 572–9390.

Yoga for Children and Parents with Ema Stefanova • Tuesdays at 5:00 p.m. • Call Ema Stefanova for information at 665–7801.

Yoga and Meditation • Ongoing Sundays, 5:00 p.m. • Gentle movement, dynamic yoga postures, breathing, and relaxation. Call Ema Stefanova for information at 665–7801.

Yoga for Beginners • Saturdays at 5:00 p.m. or Sundays at 3:30 p.m. • See description above. Call Ema Stefanova for information at 665–7801.

Kundalini Yoga Retreat with Gurudarshan Singh Khalsa • Oct. 18, 10:00–5:30 • We will use techniques of Kundalini Yoga exercises, mantra meditation, deep relaxation, and yogic diet to access the peaceful, powerful state of Union within the self and with the entire Universe. We will also explore what blocks us from experiencing Union as well as daily practices to overcome those blocks. \$60 includes lunch. Call Gurudarshan at 248–541–4834.

Body Rejuvenation with Sekahar • Sept. 13, 11:00 a.m.–1:00 p.m. • Using yoga methods, Sekahar will instruct and demonstrate techniques for the body's rejuvenation. Wear comfortable clothing and bring a blanket, towel or mat. \$15. Call Practical Psychic Center of Ann Arbor at 996–5501.

Bhakti Yoga with Justin Carpenter • Once per week • Come experience an evening of spiritual happiness. The following topics will be discussed: maha-mantra meditation, the higher self, raising our consciousness, universal love, and spiritual singing. A vegetarian dinner will be provided. Cost is free. Call Justin Carpenter at 930–2684.

Iyengar Style Beginning Yoga Class with David Rosenberg through Ann Arbor Public Schools • Saturdays, Sept. 20–Nov. 22, 9:30–11:00 a.m. • Using beginning yoga poses and techniques, we stretch, strengthen, and align body and mind. Yoga is great in helping back pain, mental stress, and increasing flexibility. \$45 for ten weeks. Call David Rosenberg at 662–6282.

Yoga Continues on page 22

Workshop Leaders,

Academy of Astrology is a not-for-profit organization dedicated to the teaching of astrological knowledge and the promotion of astrology as a tool for personal and social growth. Founded in 1983, and based in Lansing, the Academy also offers courses in 6 Michigan cities, including Ann Arbor.

Betsy Adams has 20 years experience working with animals, in the home, kennel, veterinarian's office, and in wildlife rehabilitation. She has thirty years of background in the biological sciences, and she a Reiki Master and homeopath.

Natalie and Rudy Aguirre have been students in the Kriya Yoga tradition for over ten years, and have offered meditation instruction for a number of years.

Maya Angelou is well known as a poet, author, educator and lecturer.

Ann Arbor Practical Psychic Institute Faculty include: **John Friedlander** is a national psychic teacher, reader, channeler and co-author of the "Practical Psychic." He studied with Lewis Bostwick, founder of the Berkeley Psychic Institute and was part of the original Jane Roberts Seth group. John graduated from Harvard Law School and practiced law for over a decade; **Charlie Fiegle** has studied channeling and Reiki for a number of years; **Ray O. Golden, MSE, Reiki Master**. Ray's important teachers include John Friedlander, Dr. Brenda Morgan, Dennis Adams, and Dr. Gabriel Cousens; **Sekhar** is from India. Besides having studied yoga for some time, has also studied with John Friedlander and the Practical Psychic teachers for the past couple of years.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolfing in San Francisco for 12 years, and he's also studied craniosacral therapy. His work has also been informed and influenced by five years of training in Bodydynamics, a body-oriented psychotherapy, originated and taught by Lisbeth Marcher and others in the Bodydynamics Institute of Copenhagen, Denmark.

Jean Louise Balliet, an avowed generalist, has performed landscape design/build work, martial arts, body work and music since the early 1970's. Her studies and practice have included edible and earth-attuned landscapes, yoga, t'ai chi, aikido, shiatsu, craniosacral work, contra and contact improvisation dance, and playing drums, flutes and strings.

Judith Banker, MA, is the director and co-founder of the Center for Eating Disorders. She is also the owner and director of The Therapy Center of Ann Arbor. Ms. Banker developed the Body Wisdom approach out of over 20 years experience working with groups and individuals struggling with food, weight and body-image issues.

Sandra Baum, C.Ht. was certified in 1983 as a clinical hypnotherapist. She is a member of the National Society of Hypnotherapists, the International Society for Professional Hypnosis, and IMDHA.

Mary Beam is a local teacher and astrologer. She is a member of the Michigan Federation of Astrology and serves on its executive council, and is a member of the National Council for Geocosmic Research.

Maria Beesing, OP is a professional educator, speaker and consultant throughout the world. Since 1977, Maria has been conducting workshops, seminars and retreats on the Enneagram, a personality theory that combines the insights of modern psychology with the proven wisdom of the past.

Betty Bishop has a Masters degree in Nutrition Education, and certificates in homeopathy and herbal medicine. She is also a student of traditional Chinese medicine.

Kristin Blackburn, MSW, is a psychotherapist who specializes in working with women regarding relationship, life transition, and family of origin issues, including childhood abuse and neglect.

John Bodary is a Registered Polarity Practitioner, a teacher and a psychotherapist. He currently directs the Polarity Center in Dearborn, where he teaches Dr. Stone's Polarity Therapy. He has taught Polarity for 12 years and has been in practice for 19 years. He is a former Treasurer and Board member of the American Polarity Therapy Association.

Fr. Leo Booth is the author of *When God Becomes a Drug* and *The God Game*.

Barbara Boyk, Ph.D. is a clinical psychologist who has worked in the areas of psychological development, counseling, and psychotherapy for over 20 years. She is also affiliated with ALEPH: The Alliance for Jewish Renewal. She has created and led rituals and ceremonies for more than 10 years.

Patty Brennan is a midwife and health educator with 14 years experience working with pregnant women and their families. She is co-author of *Guide to Homeopathic Remedies for the Birth Bag* and producer of the homebirth video *Trusting Nature: Today's Traditional Midwife*.

Barbara Brodsky is the founding teacher of Deep Spring Center. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Suzanne Willets Brooks has been blending the arts of teaching, performing and healing for most of her working life. Her background includes a degree in Education from E.M.U., as well as a rich variety of experience in dance, drama and the healing arts.

The Crazy Wisdom Calendar (CONTINUED)

Yoga (Cont'd)

Iyengar Style Beginning & Intermediate Yoga Classes with David Rosenberg through the Ann Arbor YMCA • Sessions beginning Sundays, Sept. 14–Oct. 26 or Nov. 9–Dec. 21 at 12:30–2:00 p.m. or 2:15–3:45 p.m. Sessions also on Thursdays, Sept. 11–Oct. 23 or Nov. 6–Dec. 18 at 4:00–5:30 p.m. • Using yoga poses and techniques, we stretch, strengthen, and align body and mind. Yoga is great in helping back pain, mental stress, and increasing flexibility. \$55 for 7 weeks. Call David Rosenberg at 662–6282.

Inward Bound Yoga Program • Sept. 8–Nov. 1 • Various levels and instructors as shown below. Cost is \$56, \$48 if taken with another class or as specified. This session begins in Sept. but Inward Bound offers another full series of classes starting in Nov. Call Barb Linderman at 971–8562.

Yoga Level I with Cathy King • Thursdays, Sept. 11–Oct. 30, 5:55–7:25 p.m. • Designed for students new to yoga. Focuses on basic standing, sitting, and supine positions, with introduction to breath awareness. Also suitable for students recovering from injury or illness who require a gentle approach to the postures. Call Cathy King at 517–592–8017.

Yoga Level I–II with Cathy King • Mondays, Sept. 8–Oct. 27, 6:00–7:30 p.m. or Tuesdays, Sept. 9–Oct. 27, 9:30–11:00 a.m. or Thursdays, Sept. 11–Oct. 30, 7:35–9:05 p.m. • Continued exploration of the beginning poses, while building strength, stamina, and balance. Beginning inversions are introduced. Call Cathy King at 517–592–8017.

Yoga Level I–II with Barb Linderman • Saturdays, Sept. 13–Nov. 1, 10:15–11:45 a.m. • Continued exploration of the beginning poses, while building strength, stamina, and balance. Beginning inversions are introduced. Call Barb Linderman at 971–8562.

Yoga Level II with Lynette Smith • Wednesdays, Sept. 10–Oct. 29, 5:45–7:15 p.m. • Refinement of basic postures. Attention to backbends and inversions increased. Deepening focus on breath awareness. Call Lynette Smith at 995–0741.

Yoga Level II–III with Cathy King • Mondays, Sept. 8–Oct. 27, 4:00–5:45 p.m. • For continuing students with a firm grasp of yoga fundamentals. Broadens experience in the inverted poses and backbends. Call Cathy King at 517–592–8017.

Yoga Level III with Martha Laatsch • Tuesdays, Sept. 9–Oct. 28, 5:30–7:15 p.m. • For those prepared to work intensively in forward bends, twists, backbends, and inversions. Advanced practice in coordinating strength, flexibility, balance, and mental awareness. Call Martha Laatsch at 930–0408.

Astanga Yoga with Jonathan Tyman • Saturdays, 8:15–10:00 a.m. • Based on the classical Primary series of sun salutations, standing poses, forward bends, and inversions. For experienced students. Drop-in fee is \$7 per class. Call Jonathan Tyman at 996–4549.

Wake-Up Yoga to Music with Barb Linderman • Wednesdays, 7:30–8:30 a.m. • This series of sun salutations and standing postures builds vitality and strength. Class concludes with restorative poses and relaxation. Drop-in fee \$5 per class. Call Barb Linderman at 971–8562.

Postures to Sacred Music with Barb Linderman • Thursdays, Sept. 11–Oct. 30, 4:00–5:45 p.m. • For experienced students, this class offers sequences of yoga postures integrated with chants and other sacred music. Especially appropriate as a supplement to a regular yoga class. Call Barb Linderman at 971–8562.

Yoga, Dance, and Natural Movement Workshop with Cathy King • Held in Oct. • Call Cathy King at 517–592–8017.

Astanga Yoga Workshop with David Swenson • Sept. 26–28 • Call Jonathan Tyman at 996–4549.

Teachers, and the Centers

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972, (which is a long time!) Her current workshop emphasis is on unconditional love and opening the heart space. She also maintains a hypnosis and spiritual counseling practice.

Glenn Burdick, MA, CSW is Director of the Institute for Psychology and Medicine, and Director of the Center for Mindful Living. He has 19 years of clinical experience working with stress, chronic pain, and chronic and terminal illness. He received advanced training with Jon Kabat-Zinn.

Kapila Castoldi has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over ten years. For the past seven years she has lectured on meditation and spiritual practice throughout the Midwest. She is the director of the Sri Chinmoy Centre of Ann Arbor.

Mary Ann Carolin, M.Ed., MA, is a certified spiritual guide and retreat director. She has extensive experience and education in spiritual development and is commissioned by Contemplative Outreach and the World Community for Christian Meditation.

Victor Chao has practiced martial arts for most of his life. His Healing Kungfu taps innate human powers to balance, calm and energize the body and mind while teaching martial skills.

Dawn Clark has been actively interested in health and alternative healing methods for the past 20 years. She has done healing visualization work for a number of years.

Sandi Cooper, MSW, CSW is Coordinator of the Counseling Program at Soundings: A Center for Women, and is also a psychotherapist in private practice in Ann Arbor.

Therese Craig, OP is a practicing spiritual director and workshop leader for journaling and dream work at Weber Center.

Dale Crayne, MA has been a teacher and consultant for 20 years. Her private practice involves personal growth from a spiritual perspective. Issues related to self-esteem, life transitions and life purpose form the focus of her work.

Crazy Cloud Dharma Center is a center teaching from the non-monastic, Ngakphang, style of Tantric Buddhism.

Jacqueline Davis-Green, MA, LLPC is currently working with behavioral health in Jackson County.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Hava Jean Delgado founded & has directed Paradigm in all its models, from Paradigm Dance Theatre, to Paradigm Center for the Arts, to its present model, Project Paradigm. She has taught, choreographed & performed dance in many forms for 30 years. For the last ten years, she has pursued movement as therapy. She has completed a certification training program in Motional Processing with Dr. Alice Rutkowski, Ph.D., R.M.T., a student of movement therapy pioneer, Anna Halprin.

Larry DiAngi is a motivational speaker. His purpose as a speaker is to help individuals discover and develop their own personal greatness.

Lama Mingyur Dorje is a Ngakpa Lama of the AroTer lineage teaching from the non-monastic style.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness or disability such as arthritis, lupus, MS, Irritable Bowel Syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, Living Successfully, Your Resource on Chronic Illness. She also has lived with chronic illness for 14 years.

Jeffrey Duvall is co-founder and co-director of the Men's Council Project of Boulder. He is a certified massage therapist, an elder in two men's councils and a wilderness journey guide. He facilitates workshops for celebration and empowerment of manhood, personal mythology, creative expression, communication, healing and ritual.

Jonathan Ellis, a former co-owner of Crazy Wisdom Bookstore, is a spiritual director who meets monthly with individuals to reflect on the spiritual path of their own choosing. His initial training was with the Jesuit religious order and he later developed a broad approach to spirituality in a variety of settings. Jonathan is not now linked with any one spiritual group but draws ideas from many sources. He has written for the Deepak Chopra newsletter, Infinite Possibilities, and the Edgar Cayce magazine, Venture Inward.

Kim and Steven Falcone are Reiki Master Teachers, trained under the Usui Traditional System. They are also Certified Hypnotherapists, and Board Advisors to the International Association of Counselors and Therapists. They are the recipients of the 1995 Hypno-Innovation Award for their healing programs, and they are the authors of a number of audio meditations.

Chuck Farhat is a certified hypnotherapist in private practice and President of The Family Dynamic Learning Center. He has studied with John Bradshaw.

Linda Diane Feldt, RPP, NCTM is a Holistic Health Practitioner now in her 17th year of full-time private practice. A student of the healing arts since 1973, she has received formal training and qualifications in a number of fields including Registered Polarity Practitioner, Nationally Certified in Therapeutic Massage and Bodywork, Certified Nutrition Consultant, Certified Massage Therapist, and has completed an apprenticeship with Susan S. Weed in herbology, and training in Craniosacral Therapy. She is working to complete a book on ethics in the bodywork profession which has been excerpted in newsletters and journals around the country.

Feng Shui Institute is the first national professional organization formed for the purpose of establishing standards of excellence, disseminating information and training professionals in the person/place connection.

Pat Ferro, MSW has been on a spiritual path for 2 decades.

Nadine Foley, OP of the Adrian Dominican Sisters, is a frequent speaker and writer on issues related to women, spirituality and religious life. She is currently professor of religious studies at Siena Heights College and historian for the Adrian Dominican Sisters.

Norma Gentile, B.M., M.M., is a professional singer and trained auric healer who specializes in the music of Hildegard von Bingen. Her concerts, workshops and recordings reflect her passion in bringing music from the inaudible realms into the physical world for healing purposes. Ms. Gentile has recorded two CDs of chant by Hildegard (available at Crazy Wisdom Bookstore) and maintains a private voice and auric healing practice in Ann Arbor.

Nanci Rose Gerler is a psychic, medium, channel and intuitive healer. Her practice, Crystal Clear Expressions, is located in Ann Arbor. A "full-service psychic", she does psychic readings for personal and spiritual growth, and she channels messages from Masters, guides, angels and departed loved ones.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. In addition to his studies with other Reiki Masters, other important teachers include Dennis Adams, Olga Misserva, Dr. Dan Casriel, John Friedlander and Barbara Brennan. He has also studied Esoteric Healing, nutrition, Touch For Health, channeling, Zero Point Process Therapy, and is also a teacher with the Ann Arbor Practical Psychic Center.

Cynthia Gormley, MSW is a body-centered psychotherapist and practitioner of Tantric Buddhism. She uses ancient methods of transformative movement yoga in her work.

Robin Graubarth has a background in public health and the personal healing arts. She is involved in deepening a practice in creative and expressive therapies, movement, and ritual women's mysteries.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Nina Howard, CMT, studied massage therapy at the International School of Professional Bodyworkers in San Diego, is a Polarity Therapist, and is the National Training Director of the Belavi Institute for Facial Massage. She has also spent time in Chiang Mai, Thailand, learning ancient Asian healing techniques.

Teachers, Workshop Leaders, and the Centers (continued)

Inward Bound consists of **Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman**. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. **Barbara Linderman** is the program director of Inward Bound.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Gurudarshan Khalsa has been studying and teaching Kundalini Yoga for 25 years. He is the director of Guru Ram Das Ashram, a yoga center.

Khepa is an American-born Tantric Master who teaches at the Crazy Cloud Hermitage. Pranama offers the powerful practices and skillful means of the great Tantric lineage of Padmasambhava.

Jani King, born and educated in New Zealand, channels the Pleiadian entity, P'taah. Three P'taah books have been published, and King does public seminars, workshops and personal consultations in Australia, New Zealand and North America.

Cindy Klement is a certified iridologist, nutritional consultant, herbalist & health educator practicing for over 18 years. She is featured frequently on TV, radio and in the Detroit News.

Rob Koliner, D.C. practices Network Chiropractic Spinal Analysis in Ann Arbor and Lansing. He graduated with honors from Sherman College of Straight Chiropractic. He's been studying Network Spinal Analysis for five years with its founder and developer, Dr. Donald Epstein.

Parang Geri Larkin is President of Strategic Thinking, and an ordained Zen minister. She was a manager with Deloitte and Touche for years. She is the author of several books, including *Woman to Woman: Street Smarts for Women Entrepreneurs*.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Darri Low has been working as a professional astrologer for 20 years; teaching, lecturing and consulting. For the past four years she has served as recording secretary for the board of directors of the International Society for Astrological Research. She is currently in practice in Bowling Green, Ohio.

Laura Massaro, MA has twenty years experience with music, the arts and healing. She is a facilitator for *The Artist's Way* as well as for creative writing groups. She also teaches songwriting, both privately and at Washtenaw Community College. She also teaches music, drama and movement to children.

Sebastian Matthews is a writer and has been teaching writing in the area for 5 years. He received an MFA from the U of M in Creative Writing, and has taught creative writing at the University of Michigan. He currently teaches at Washtenaw Community College and Access International Language Institute.

Susan McDonald, ACSW is a therapist, artist, and experienced *Artist's Way* group leader. She follows the practices described in the book.

Anita McKay is a visual psychic who specializes in interpreting personal or group energy into abstract color drawings. She has a degree in fine arts.

Trudy McSorley is an associate professor of theater and speech communication at Siena Heights College.

Majida and Siddiq Middlebrooks have been students of Sufism and the Dances of Universal Peace for 14 years.

Glenn Miller, D.C. graduated from Palmer College of Chiropractic in 1969, and has been practicing in Ann Arbor for 28 years. He has certifications in Neuro Emotional Technique and Contract Reflex Analysis, and has studied kinesiology, acupressure, nutrition and meridian therapy.

Richard Miller has 20 years experience in traditional Chinese martial arts. He trained in Taipei from 1978-1979 and also at the Adam Hsu Kung Fu School in San Francisco from 1979-1991. He established the Great Lakes Wushu in 1992.

Kathleen Moore is in private practice as a certified music therapist, vocalist, percussionist, and voice teacher, with 15 years of experience. She is strongly committed to helping people realize the powerful therapy in voice and music for personal recovery and healing.

Brenda Morgan, Ph.D. is a spiritual guide and mentor.

John Morris, Ph.D. has seven years experience in shamanic workshops, 40 hours of training at the Institute for Shamanic Studies, and is a Philosopher & Wiccan priest.

Mulberry Farm is a Light Center dedicated to spiritual practice and community.

Rebecca Mullen, MSW has over 20 years of experience at the University of Michigan doing psychological counseling of students. Her background includes Gestalt work, breathwork with Stan Grof, and Jungian dream work.

Robert 'Buz' Myers is a national astrologer with over 25 years experience. Myers is interested in the process of translating life through the language of astrology.

Emily Nabholz, SCN, is a member of the staff at Catherine Spalding Retreat and Conference Center in Nazareth, Kentucky. She is engaged full-time as a spiritual director and workshop presented in spirituality and holistic health.

Janet Nagy, RN, MPH, CMT is Director of the Midwest Academy for Healing Academy. She is a graduate of the Barbara Brennan School of Healing.

Jesse Nichols has a performance degree in Music, is a Certified Feldenkrais Practitioner, and is a 4th Black Belt in Aikido.

Judi O'Neal is a Spiritual Director, and has been consciously on a spiritual path for 19 years.

Judith Orloff, M.D. is an assistant clinical professor of psychiatry at UCLA. She has worked as a psychiatric consultant for TV and movies. She is a lecturer and workshop leader on psychic and spiritual development.

John Orr is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in Durham, N.C., where he does transpersonal counseling and is on the staff at Duke University.

Melanie Peelman-Fuscaldo, LPC is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help clients increase their happiness in current or future careers through attention, to body, mind and spirit. She has a passion for counseling and works with each person to connect with her or his inner wisdom.

Phyllis Perry, MSW, CSW, the founder of New Options Counseling, is a clinical social worker and writer. She specializes in careers, education, relationships and relocation. She also works with creative self-expression and journal writing.

Ann Petrou is a local chiropractor, teaches nutrition, and advocates healthy lifestyle changes to bring vitality to experiences of daily living. She studied at the National College of Chiropractic, and the Canadian Academy of Homeopathy.

Carol A. Plummer, MSW is a local therapist who has worked with child abuse and sexual assault issues for over twenty years.

Kyabje Gelek Rinpoche is an incarnate Tibetan lama. He is the founder of the Jewel Heart Tibetan Buddhist community, and he has graced the Ann Arbor area with his presence now for a number of years.

Sheila Layla Ritter, MA, LLP is the founder of Changeworks, a consulting and therapy practice in Ann Arbor. She offers classes and workshops as well as therapy for children, adults, and families. She specializes in play therapy and in energy healing using light, color, sound, and movement. This fall she is offering several free informational meetings to introduce people to her work.

Jacobie Roberts and Leslee Mikaelis travel as a team from coast to coast conducting seminars. They are both teachers and channels. Their backgrounds include psychology, Native American spiritualism, healing and energy work.

Rebecca A. Roberts, RN, MSW is a holistic health care practitioner and therapist. She specializes in career counseling, group facilitation and workshops. Her emphasis is on the exploration of meaningful work through the use of creativity, spirituality and typology.

Phil Rogers has been teaching meditation since 1972 and shamanism since 1983. He has also composed and performed a variety of music for 10 years. He is currently exploring the interface between movement and music as an aid to embodying Inka teachings.

David Rosenberg has been teaching Yoga in the Iyengar tradition since 1993, and is certified. Not too long ago he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist.

Mary Beth Rossiter has been working with Reiki for twelve years and has recovered from late stage cancer using Reiki and other holistic therapies.

Ann Schoonmaker, Ph.D. received her doctorate in theology from Drew University, and has also received clinical training at Blanton-Peale in New York City. She has been exploring the rich territory of transpersonal psychology and spirituality for over 30 years. She has over 18 years of experience in marriage and family therapy, and is a Master practitioner in Neuro Linguistic Programming, having trained with Leslie Cameron Bandler. She is the author of *Me, Myself and I: Every Woman's Journey to her Self*, as well as *The Devil with James Bond*.

Sara Schreiber, Ph.D. has a doctorate from the University of Michigan in Counseling Psychology. She has extensive Psychodrama training with Dr. Jacob Moreno, & also in off-Broadway improvisation & theatre. She is in private practice in Ann Arbor specializing in psychodrama, group therapy, & marriage counseling.

Mary Seibert is a Bioenergetic analysis therapist, and has been doing bioenergetics for 15 years. She is a practicing nurse and has been trained in massage therapy.

Matruka Sherman, MSW has been a professional astrologer since 1973 and is a member of the NCGR & AFAN. She has been in private practice for over 20 years & teaches both group & individual instruction. She is also a psychotherapist and teaches meditation.

Shining Lakes Grove is the local branch of Ár nDraiocht Féin (ADF). ADF is seeking "to create a neo-pagan tradition in the style of our ancestors which appeals to our modern sensibilities".

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Lynn Sipher, ACSW is an Ann Arbor therapist in private practice.

Rebecca Smith has been involved with health, fitness and nutrition for 20 years and spiritual growth for 12 years. Her goal is to enhance the quality of life for herself and those around her by tuning into her inner self for guidance.

Richard Smoot is a member of ISAR, AFAN, NCGR and a Professional Member of the American Federation of Astrologers, with 25 years of study, counseling and teaching experience.

Paula and John Steele have been Reiki Masters since 1993 and Reiki teachers since 1995. Their experience includes traditional Usui Reiki, Karuna Reiki, Crystal Healing, Chakra work and other methods of spiritual healing. Paula works at Crazy Wisdom Bookstore, as well as at Whole Foods.

Ema Stefanova, MA, BA, BS has studied and taught yoga and meditation since 1979 in Europe and the US. She is a close disciple of Swami Yogamudrananda-Mataji and Paramahansa Satyananda from India. Ema teaches yoga in its entirety and purity using a traditional approach that integrates and unites the physical, mental and spiritual within the sincere student.

Judy Stone, MSW, CBT is a Certified Bioenergetic Therapist and is the Director of Feeding Your Whole Self™. She has specialized for the last 17 years in working with the integration of emotion and body, particularly as it relates to relationship with food issues and nutrition. Judy offers groups, workshops, individual psychotherapy and nutritional consultations.

Carol Sullivan, MA is a consultant from San Francisco who has trained for 22 years on issues of shame, violence and incest. She incorporates story-telling into her workshops.

Tammy Tomcsik has taught psychic development programs for over ten years. Tammy teaches the "techniques needed to break the barriers that bind the human spirit to its material existence".

Glen Velez is an international recognized drummer, composer, scholar and teacher. He has been a member of the Paul Winter Consort since 1983. His music has been featured on *All Things Considered*, as well as in many publications.

Cam Vozar, MSW, CSW, LMFT has over 20 years experience working with men in groups.

Neale Donald Walsch is the author of *Conversations with God, Book 1* and *Conversations with God, Book 2*.

Jeanie Wayker has been involved with the Gurdjieff-Ouspensky *Fourth Way School* for many years.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Suzy Wienckowski is a Reiki Master & practitioner, & a registered massage therapist with 17 years of experience in the healing arts. Her experience includes working with clients in private practice and in physical therapy clinics. She has taught massage therapy for 9 years at massage schools in Washington, D.C. and Ann Arbor. She teaches traditional Usui Shiki Ryoho Reiki and is a member of The Reiki Alliance.

Marianne Williamson is the best-selling author, whose most famous title is *Return to Love*. She has appeared on television numerous times, and her books and audios have sold millions of copies worldwide. Her latest book is *The Healing of America*.

Willow (her legal name is Mateyo Empie) has studied with many internationally known teachers. For 30 years, she has practiced psychic reading, Inka shamanism, European and American ritual forms, and several kinds of healing modalities. "Plant and stone people continue to be among my most important advisors."

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. She has worked with survivors of childhood abuse for 16 years. Her unique approach to working with clients combines traditional therapeutic paradigms, creative intervention strategies, and spiritual dimensions of healing. In addition to her work as a therapist, Lisa is involved with the Pathwork, a contemporary spiritual discipline. She is also a musician and a mother.

Isabelle Yingling has been teaching Bradley Method classes for 9 years. She has served as a labor assistant for about two dozen births over that same period of time. She is the mother of five, and recently completed her Masters Degree in Women's Studies.

Betty Younger, ACSW, a psychotherapist in private practice, has taught and used Create Your Life skills to create her own life for the past 8 years. She follows the Agni Yoga path as well as other Higher Energy work, and she is certified by Robert Fritz to teach.

Wasantha Young is the head instructor and director of the Peaceful Dragon School of T'ai Chi Ch'uan in Ann Arbor. She has studied Yang style short form T'ai Chi Ch'uan since 1970. She has received formal instruction in Form, Push Hands, Sword, Staff, Saber, Chi Kung, Meditation and Acupressure.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by **Reverend Sukha Murray**, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and **Geri Larkin** and **Nathaniel Needle**, ordained Dharma teachers.

Susie Zick is a graduate of the National School of Naturopathy Medicine in Portland, Oregon. She also has a Masters Degree in Anthropologic Medicine, and Anthropology. She has been in the Ann Arbor area since March of this year, though she has been presenting educational seminars in Nutrition and Medical Herbalism since 1992.



Next issue, this space could be yours.

Yes, after many requests and inquiries, The Crazy Wisdom Calendar will accept paid advertising starting with the next issue. The calendar listings will continue to be free. For deadlines, ad rates, space reservations, or other information, please call Crazy Wisdom Bookstore at 665-2757.

The Use of Shamanism in Nourishing Soul

By Leslie Eringaard

Singing The Soul Back Home: Shamanism in Daily Life, Matthews, (\$14.95, Element Books, 1995).

For someone wandering through Crazy Wisdom Bookstore searching for a missing piece in the puzzle of their life, or a mislaid sense of purpose, the title "Singing the Soul Back Home" offers immediate hope that what they seek is possible. That is also what this ambitious book sets out to do.

"Singing the Soul Back Home," by Caitlin Matthews, is a book about the practical applications of shamanism in everyday life. It presents an overview of the shaman's symbolic system, which provides meaning to the trance-like shamanic journeys. These journeys allow seekers to walk between the worlds of subtle and physical reality, enabling them to perceive answers to their deepest questions and even retrieve scattered fragments of soul. Just as important, the shamanic worldview emphasizes a sense of the sacredness of all life, often missing in our overly mechanistic, materialist world.

Matthews likes to think of herself as a "midwife of the soul" in this modern world, where soul can readily become unbalanced, or fragmented, due to a disconnection of power from the spirit. This can happen, she writes, during periods of lack of sleep; trauma; involvement in abusive relationships; use of unethical behavior, and lack of proper nourishment or respect for self, among other reasons. Matthews asserts that there are many levels of soul loss, with some soul parts only temporarily fleeting, to more extreme situations where a soul part may reestablish itself elsewhere. She believes that addictive behavior is a symptom of soul loss, rather than a cause.

In Matthews's own life, she survived an eight year illness which doctors considered incurable before she retreated into the symbolic shamanic world she knew as a child, and followed the advice of her spiritual teachers and guardian animals to total health. This has parallels to the traditional "shamanic illness" that Shaman of many cultures are said to endure before claiming their power. Matthews asserts that serious illness is common among people who are called to be shamans, but reject this path as too intimidating or demanding. Her recovery ignited her own desire to help others

retrieve their power and purpose, using the tools that worked for her.

"Singing the Soul Back Home" is a user friendly and ethical book. Matthews suggests that readers not familiar with shamanism read the entire book before attempting any of the exercises. The exercises teach the reader to ground, to center, to find a guardian animal and teacher, and to explore the Middleworld, Lowerworld and Upperworld while journeying. She also has advice on how to effectively frame questions, which ultimately will help divine the soul's purpose.

Matthews asserts that shamanic techniques are very powerful and immediately applicable, citing the endurance of the roles and similarities of techniques across cultures and time. She states that the shaman's job duties are now divided into such professions as doctor, minister, social worker, magician and actor, among others. She believes that a recent resurgence in the interest of shamanism is part of a broader phenomenon, related indirectly to the fact that the traditional ways of learning about shamanism are disappearing. However, she states that by journeying within, many shamanic techniques can be recovered by individuals.

The only people who might have trouble journeying, Matthews writes, are those whose minds are very controlled or have an extremely dualistic and monotheistic way of looking at the world. Shamanism is compatible with all world religions however, she states, and may enhance the practitioner's appreciation of the mystical aspects of his/her own religion.

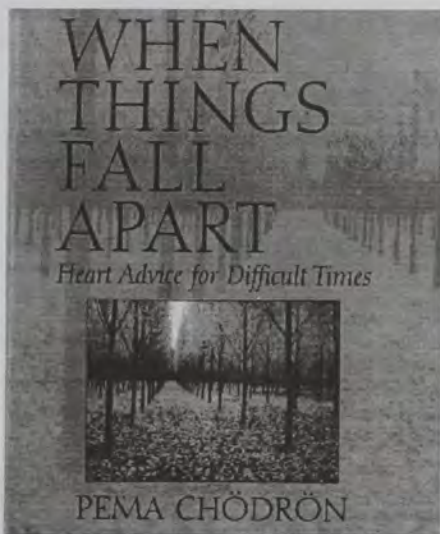
Matthews makes it clear to the reader that anyone practicing shamanism should be well grounded in physical reality, and have a strong ethical framework. She counsels that shamanic exercises should not be mistaken for western therapeutic techniques, and warns that reading the book will also not qualify someone as a shaman. She recommends that anyone seeking to learn more find a teacher, as shamanism is most effectively transmitted orally.

I found the book inspiring and fun to read, and tried many of the exercises myself with some success. I found guardian animals and traversed a beautiful lush landscape in my journeying. I also received some advice, which came through in



nodes, symbols, feelings, and occasionally what seemed like full sentences placed inside my head. I find, however, that if I am not immersed in the shamanic worldview, as I was when reading through the book, that everyday reality intrudes, and it is hard to keep these practices up.

The exercises in "Singing the Soul Back Home" truly have the potential to help the user tap into other ways of knowing which are not validated in our culture. Whether the reader will take the symbolic images literally, as the shaman does, or consider them to be symbols of the individual or collective unconscious, depends on the reader's orientation. It is revitalizing to read a book which leaves the reader with a renewed respect for all of life and a bolstered sense of self. This could only be transmitted so effectively by an author who has made it her life's work to help other souls find their way home.



By Sarah Newland

When Things Fall Apart: Heart Advice for Difficult Times, Pema Chodron, (\$18.00, Shambhala, 1997).

Pema Chodron, Abbot of Gampo Abbey in Cape Breton, Nova Scotia, offers a compilation of brief but meaningful teachings on how to overcome everyday difficulties, large or small. Actually, overcoming problems isn't what interests Chodron; it's facing them - looking challenges head-on. We all desire happiness, a sense of peace and well-being, and freedom from negativities. But according to this Tibetan Buddhist, all the states of being we try to avoid - jealousy, anger, depression, arrogance, etc. - are what we have to honor to be able to like ourselves, to be able to like others. Usually we do anything to escape feeling "bad," such as turning on

When Things Fall Apart

the radio, eating or just keeping busy. Chodron advises us to sit with whatever arises. When we feel sad, really feel it. When we're so angry we want to explode in rage, feel what the anger feels like and give it space. By doing this, we won't be afraid anymore. We won't need to run from ourselves. We can feel fear and know it's not the end of the world. We can be good people on a spiritual path and still occasionally feel shame, sadness or impatience.

So you practice being mindful throughout the day or sit on your meditation cushion, recognizing your inner chaos. Don't you want to experience less of it? I do. Whenever I think I've achieved a greater level of balance or stillness, something unexpectedly triggers anger or moodiness. What can I do? Chodron says, first of all, it's never too late. You can start right now developing patience, generosity, and loving-kindness. Start with yourself, even if you're in the midst of fighting with your partner, even if you're punishing yourself for yelling at your kids. Just begin. Breathe in and remember your basic goodness. This very moment is the perfect teacher. After all, spiritual teachings, including the Dharma, are essentially about studying ourselves.

Relax in the moment, and begin again, with perseverance and repetition. It's not about blaming yourself for not being good enough; the key is to continue on with honesty, humor, and kindness. Chodron says, "Through years of gentle training and honest, intelligent inquiry, we find that we have an essential wisdom, an essential good heart, that is stronger than our unkindness and aggression." This gives me hope. It means that everything that occurs is not only usable and workable, but is the path itself. The path is the goal, and it's our greatest teacher.

I picked up this book because I was beginning to feel as if life was handing me one unfairness after another, no matter how

"good" I tried to be. I would reach a space of happiness and think, "This is it! but inevitably, something would always bring me down. We can all count on this - change from high to low and back again. Our perception of circumstances determines how we react to them. Instead of life being unfair, we can look at situations as opportunities to learn - as blessings we need in order to grow. Anything that arises in life can be a teaching or a hardship. Chodron asks, "Am I going to practice peace, or am I going to war?" We can decide. By facing what we fear in ourselves, we can develop greater stillness and deeper understanding. From this comes love and compassion.

I have enjoyed all of Pema Chodron's books. They are light, clear, and insightful - and you don't have to be Buddhist to gain wisdom from them! Along with Sylvia Boorstein, she is one of the most gentle and accessible teachers of Buddhist practice that I've read. I don't feel like closing the book when she mentions non-attachment, emptiness, and no-self. And her meditation instruction makes sense and is simple to follow, even though I don't practice it daily as she recommends. But that's the beauty of it - whether you're a disciplined meditator or not, When Things Fall Apart will help you struggling with difficulty, whether you're enduring the deep pain of sadness, jealousy or anger, or are just feeling discontent about life. Life can feel spacious, "like sky and sea," with room to breathe and relax. Chodron writes, "Through practice, we realize we don't have to obscure the joy and openness present in every moment of our existence."

(Pema Chodron has also written *Wisdom of No Escape and Start Where You Are.*)

The Business of Healing: Blending Profit, Service and Ethics

by Judy Stone

In the last issue of the Crazy Wisdom Calendar, Linda Diane Feldt, in an article entitled "Selling Your Clients", initiated an interesting discussion of the ethics involved in the financial relationship between bodywork practitioners and their clients. Linda raised what I feel are important questions arising from the increasing involvement in the direct (also known as multi-level or network) marketing of products by practitioners. As a bodywork and nutrition practitioner who does market products, I have had to wrestle with many of these issues myself and I appreciate that Linda has created the opportunity to bring some of these questions into the light for discussion.

Linda asks the central question, "Are you (the practitioner) able to objectively determine if this is indeed a good product for your client if you are also profiting from its use?" She cites an example of a practitioner she knows who is involved in the sale of nutritional products and implies that the woman's objectivity in recommending these products is at risk due to the financial pressures she faces.

I was prompted by the question to think about my own response and I'd like to share some of my thoughts about what we call "objectivity" in healer/client relationships. I also want to discuss a topic that I believe is often kept in the background in the field of healing, and that is the reality of the healer person's very real financial dependence on the client person.

Lastly I will propose some guidelines that I feel allow bodyworkers to offer the sale of products as part of their practice in a way that is both ethical and respects the boundaries of the client-practitioner relationship.

The implication that because a healer has personal needs or emotions, s/he is at risk of compromising the integrity of the relationship between her/himself and the client bears examination. I assume that I am never objective, nor is it my goal to become so. For to be objective means to remove the Self from the relationship and if I do that, I render myself impotent as a healer. It is however, one of my greatest professional responsibilities to be aware of where I stand insofar as I am capable, and to maintain some clarity as to how that may affect (both positively and negatively) my work or my judgment with my clients. The challenge to a healer is not one of objectivity, but one of clarity and personal integrity. The question is not, "am I free from personal issues in this session?" but rather "am I cognizant of what is going on with me in this session separate from and in relation to the person I'm working with?"

Feldt asserts that offering clients products which come through network marketing companies risks distorting and diluting the work of healing. The work of healing is delicate and is always vulnerable to contamination; none of us operates in a vacuum. And, while I don't preach carelessness, often the worst "errors" in this work become the best teachers for both client and practitioner as long as integrity is present in the relationship. I think we are equally at risk for being too careful and not allowing room for growth. The bottom line is that the unique nature of the healing relationship calls for the ongoing consciousness and clarity of the practitioner in any interaction with a client whether it

involves products, services or anything else.

Practitioners of all kinds are routinely called upon to give their clients input on matters involving the exchange of money between them. "When should I come to see you again?", "How often should I come?", "Should I stop coming?" Often a practitioner provides other services, a group or a class for instance, that may interest or benefit the cli-

healer and of more service to my client if I keep in the shadows, this very clear evidence of my humanness? I believe just the opposite; it's a denial of reality for me to behave as if I am above those concerns and that is not something I want to model for my clients.

I would like to suggest some guidelines for bodyworkers who are making products available to their clients, that I feel maintain the integrity of the client-practitioner relationship. These are ones that I have developed in my own practice and which I feel allow me to serve my clients with integrity and with consideration of the unique nature of the relationship between us.

"The challenge to a healer is not one of objectivity, but one of clarity and personal integrity. The question is not, 'am I free from personal issues in this session?' but rather 'am I cognizant of what is going on with me in this session separate from and in relation to the person I'm working with?'"

ent. In each of these kinds of interactions, we rely, as does the client, on a combination of our expertise and our integrity to advise, guide, or inform the client without imposing our own needs on them. I take very seriously the reality that a client is in a vulnerable position in having come to me for help. Is s/he more vulnerable if what I am selling is a product rather than or in addition to a service? Is there any reason to presume that a practitioner who also sells products will do so with any less integrity than s/he sells services?

The fact is, unless we offer our services for free, all practitioners sell. Historically, we have regarded the healing professions as sacrosanct (unless the healers were women, but that's a whole other story) and we have wanted healers to remain untainted by the crassness of commerce. We make a distinction in our minds, conscious or not, between someone who sells hard goods or less personal services, and the healer, applying different rules and standards to each. Witness that it's only been in the last ten or fifteen years that it became "ethical" within our societal norms, for doctors to advertise their services. Those of us in the healing professions have been expected to behave as though money doesn't matter. In part, this is in recognition of the unique character of this relationship. But perhaps this way of thinking is also a carryover from a time when a tribe or a community's healers were cared for by their people and money didn't need to be a concern. However, the reality today is, it does matter, and healing practitioners have as much need and right to openly pursue their own financial wellbeing as any other working person. Unless the practitioner has some other means of support, to pretend otherwise is dishonest and a denial of the self.

In truth, I believe that most people involved in healing work are deeply motivated by compassion and a desire to serve others. But I think we need to examine our thinking and question the notion that having a concern for one's own material wellbeing is in conflict with the aim of service. When I choose to make a product available to my clients, it is because I have researched it and believe it or know it to be something that will likely contribute significantly to their pursuit of health and wellness, much as I believe or know that the services I offer will be of some value. In either case, is my judgment or integrity suspect because I know that I have to earn a living? Am I a better

1. Carry only those products that relate directly to the work you do and to which you have applied the same credible standards as you apply to your work.
2. If you believe a particular product will help your client with a problem that has surfaced in your work together, tell them briefly about it and why you think it may help. Ask if they would like some information to read on their own. If they would, give them the information and let them know that if they have further questions or interest, they should let you know. Leave it to them to come back to you if they are interested.
3. Beyond the above, I don't believe in charging clients for time spent in further discussing the products and I make time outside of a session to do so. There are two reasons for this. One, is that part of what direct marketers are paid for, is their time spent in educating consumers. The other is that this separation maintains the healing space and focus.
4. Do not encourage or suggest that clients become involved in the business of marketing your product. If they like a product, let them know what options exist for them to purchase the products at retail or at a discount. I explain briefly how the financial structure of direct marketing operates so they are aware that there is a financial relationship between them and me if they do "sign up". I state, at that time, that I have no attachment to their decision and that I support them in making a decision that is best for them. If you aren't clear about this in yourself, you will create problems in the relationship.
5. If a client should suggest that he/she is interested in the business aspect of a product, refer him/her to work with someone else for the business purpose.

The fact is that there are products becoming available now, which can offer improvements in health and wellbeing that are very significant and unprecedented. Many are only available via direct marketing. There is nothing inherently unethical about bodywork practitioners making such products available to clients and profiting from doing so. In fact, when done thoughtfully, with knowledge, and with integrity, the practitioner may be the best person to help a client conveniently and knowledgeably purchase such a product.

A Photographic Visit with Yoga Teacher David Rosenberg



Photography By Linda Lawson

